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ABSTRACT

This booklet provides information to assist nutrition educators in helping their audiences use the Food Guide Pyramid to plan and prepare foods for a healthy diet. It reviews the objectives set in developing the Food Guide Pyramid and illustrates their impact on the application of the Food Guide Pyramid to planning menus. In particular, the booklet describes how to count up servings from the food groups for a day's diet (for different age groups), how mixed foods and recipe items contribute to food group servings, and how to adapt a single menu for individuals who have different calorie and nutrient needs or who have different ethnic diets. It also explains how to plan menus for several days and how to shop for nutritious food, pointing out problems and limitations encountered in planning the menus. The four appendixes offer (1) suggestions for determining the number of food group servings in recipes, (2) 23 recipes, (3) a variety of menu tables, and (4) food lists for 5 days' menus. The sample menus and recipes use popular foods that are readily available, moderately priced, and require only modest preparation time and skill. (SM)

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Using The Food Guide Pyramid A Resource for Nutrition Educators

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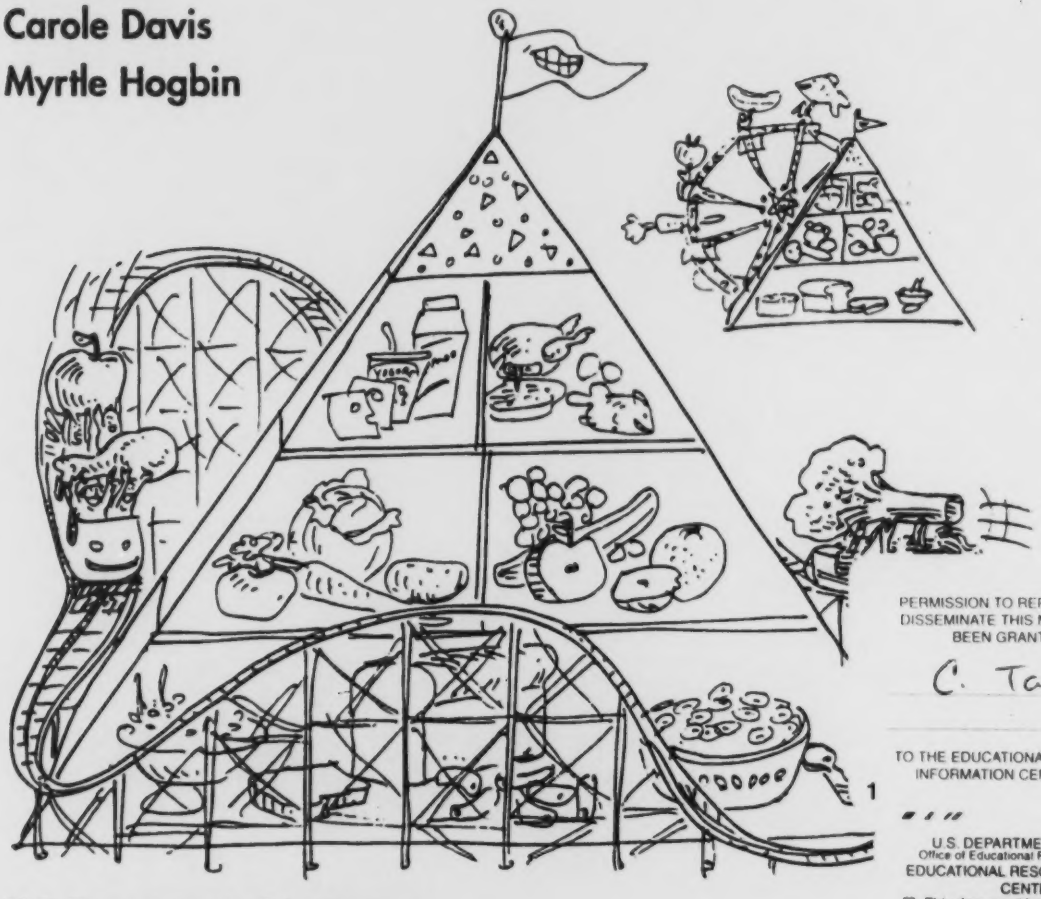

U.S. Department of Agriculture
Food, Nutrition, and Consumer Services
Center For Nutrition Policy and Promotion

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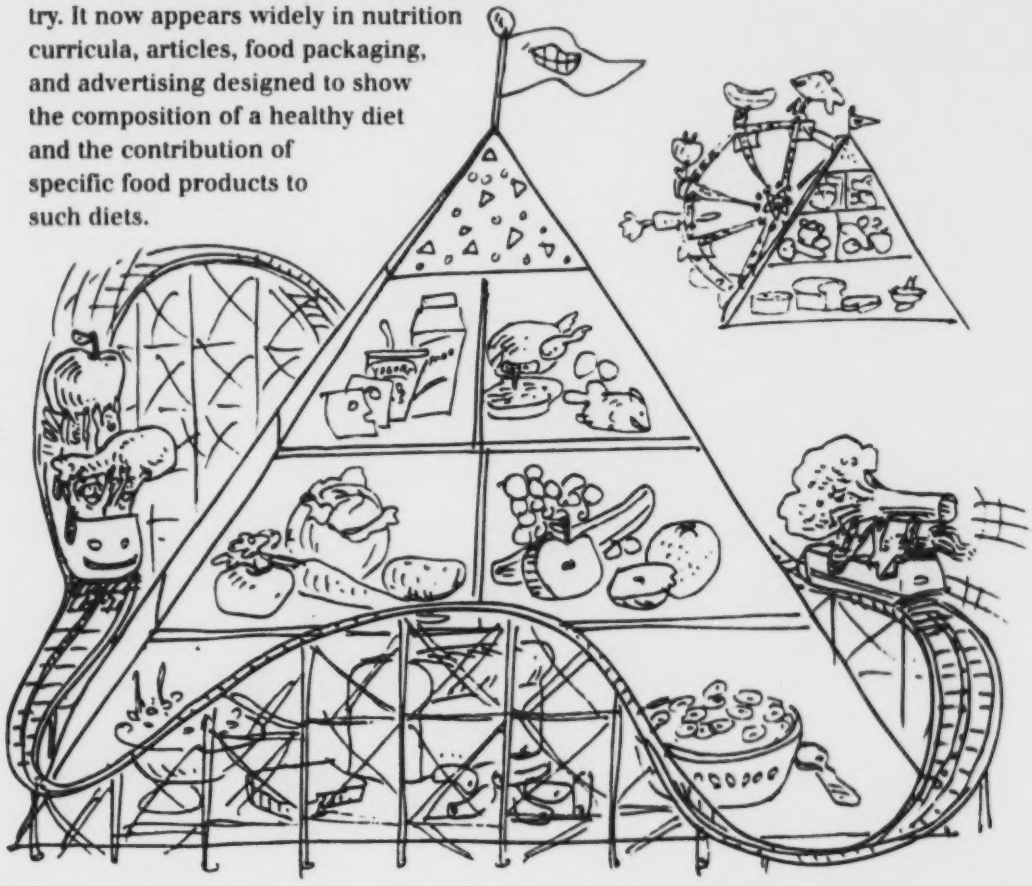
About This Publication

The Food Guide Pyramid was introduced in 1992 to illustrate a food guide developed by the U.S. Department of Agriculture (USDA) to help healthy Americans use the Dietary Guidelines to choose foods for a healthy diet. Since its release, the Pyramid has captured the imagination of nutrition educators, teachers, the media, and the food industry. It now appears widely in nutrition curricula, articles, food packaging, and advertising designed to show the composition of a healthy diet and the contribution of specific food products to such diets.



The Food Guide Pyramid is a graphic tool that conveys "at a glance" important dietary guidance concepts of variety, proportion, and moderation. These concepts are not new—with varying emphasis, they have been part of USDA food guides for almost 100 years. Studies conducted before the release of the Food Guide Pyramid confirmed that the pyramid was the most effective of numerous graphics tested in communicating key concepts of a healthy diet.

This publication provides information to assist nutrition educators in helping their audiences use the Food Guide Pyramid to plan and prepare foods for a healthy diet. The publication reviews the objectives set in developing the food guide and illustrates their impact on the application of the guide to planning menus. In particular, the publication describes how to count up servings from the food groups in menus for a day's diet, how mixed foods and recipe items contribute to food group servings, and how to adapt a single menu for individuals who have different calorie and nutrient needs. Problems and limitations encountered in planning the menus are also pointed out.

Appendices contain a complete set of recipes and menu tables developed for this publication so that nutrition educators may select those most likely to be of interest to their audience. To enhance usefulness and appeal for consumers, the example menus and recipes use popular foods that are readily available, moderately priced, and require only modest preparation time and skill. Because each recipe is included in one of the five menus, the menus have more items prepared "from scratch" than may be realistic for some busy households. Substitutions of similar items, i.e. another vegetable, salad, or simple dessert, may be made to adapt the menus to family tastes and eating schedules. The recipes may be used to teach food group contributions of mixed foods and how to prepare popular dishes in ways that are low in fat, cholesterol, sodium, and added sugars.

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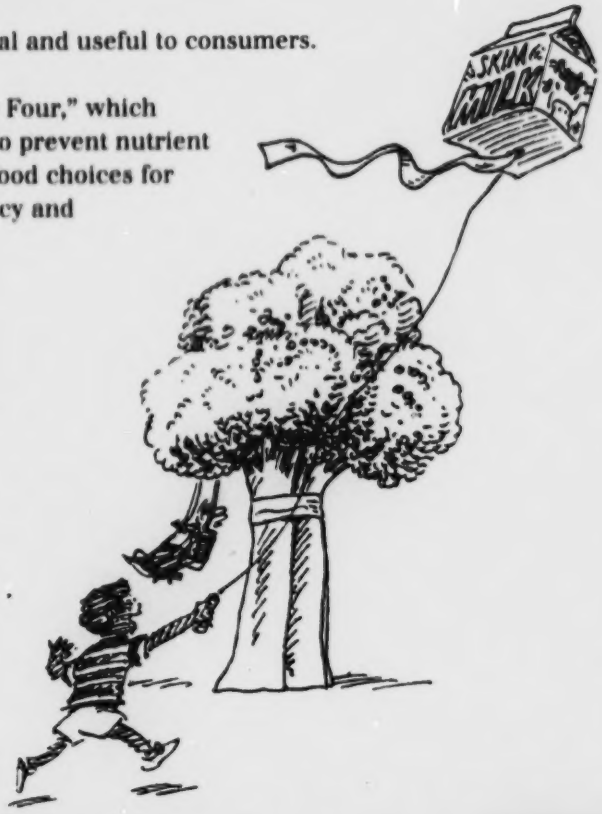
Objectives of the Food Guide Pyramid

1

The Food Guide Pyramid (fig. 1) was developed to help healthy Americans follow the Dietary Guidelines for Americans (see box). Two sets of goals were established for the guide:

NUTRITIONAL GOALS for a diet that is adequate in protein, vitamins, minerals, and dietary fiber, without excessive amounts of calories, fat, saturated fat, cholesterol, sodium, added sugars, and alcohol;

USABILITY GOALS for a guide that is practical and useful to consumers.



Unlike earlier guides such as the "Basic Four," which recommended a foundation diet designed to prevent nutrient deficiencies, the new food guide specifies food choices for the *total diet* because both nutrient adequacy and excesses are of concern. The specific nutrient levels targeted are the Recommended Dietary Allowances (RDAs) for protein, vitamins and minerals, and levels of food components such as fat, saturated fat, cholesterol, sodium, and fiber recommended by the Dietary Guidelines and by consensus reports of authoritative health organizations. Consistent with the RDA, these goals apply to diets consumed over a reasonable period of time—a week, for example. Both RDA and food guide serving recommendations are by convention expressed on a daily basis; daily menus vary around these standards. This allows a flexibility in food choices

DIETARY GUIDELINES FOR AMERICANS 1995
Eat a variety of foods
Balance the food you eat with physical activity — maintain or improve your weight
Choose a diet with plenty of grain products, vegetables, and fruits
Choose a diet low in fat, saturated fat, and cholesterol
Choose a diet moderate in sugars
Choose a diet moderate in salt and sodium
If you drink alcoholic beverages, do so in moderation

and day-to-day balance in levels of calories, fat, and sodium that is practical for the healthy person, while maintaining good dietary practices over time. The RDAs are generally set high to meet the needs of practically all healthy persons of a given age and sex. Some individuals, such as many adult women, consume low calorie levels but have relatively high RDA for certain nutrients. For these lower-calorie diets, the food guide's objective is to suggest food choice patterns that improve intakes of hard-to-get nutrients, such as iron, over current consumption, although they may not meet the full RDA for these nutrients.

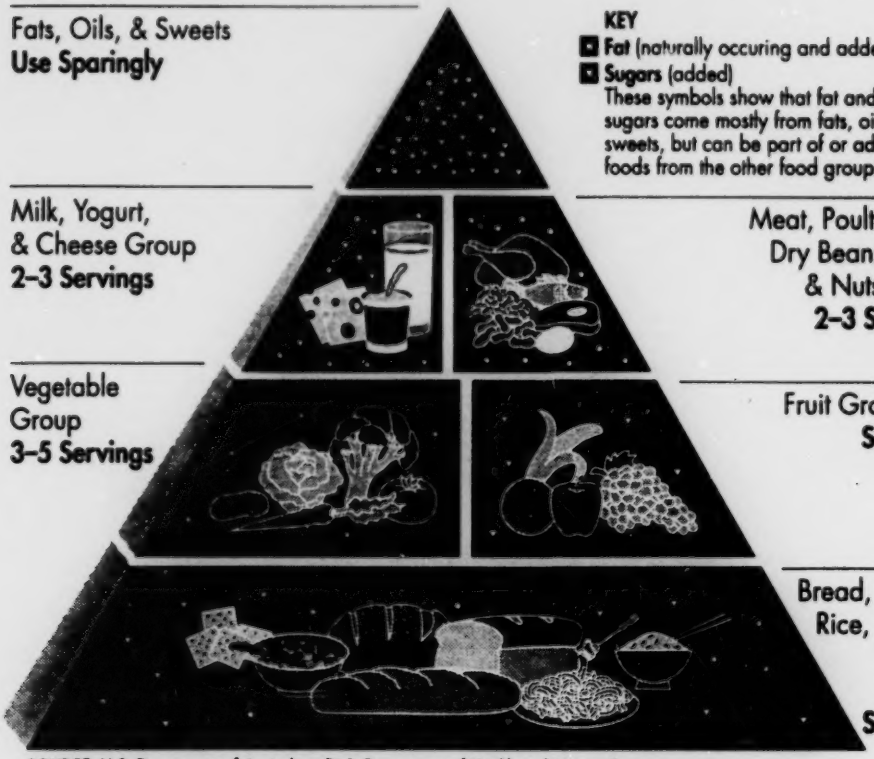
The food guide is designed to be *useful* to consumers. It builds on previous food guides, using familiar food groups as an organizing framework. Foods are grouped not only by their nutrient content but also by the way they are used in meals. Serving sizes are expressed in household measures in amounts commonly eaten. Recognizing that nutrient and energy needs vary considerably by age, sex, and activity level, the food guide suggests ranges in the numbers of servings from each food group, so that everyone in a household can meet their needs from one basic menu. Expected nutrient levels attained in food choice patterns suggested by the guide are realistic because they are based on selection of commonly used foods, rather than depending on foods that are unusually rich in certain nutrients but are infrequently used (oysters as a source of zinc, for example). Finally, the guide allows flexibility for consumers to eat in a way that suits their taste and lifestyle, while meeting nutritional criteria. Rather than prescribe specific lowfat foods (such as nonfat milk), the guide permits consumers to decide which foods they prefer as sources of fat and added sugars, while keeping their total fat intake to no more than 30 percent of calories.

The food guide was developed for the same audience as the Dietary Guidelines for Americans—healthy people 2 years of age and over. People who are at special risk for one or more of the diet-related diseases may require a modified diet. With the assistance of a dietitian, they may be able to use the food guide framework with more specific limitations on the types or amounts of foods selected within each food group—for example, selection of only lowfat dairy products or fewer egg yolks to control saturated fat and cholesterol in a fat-modified diet.

FIGURE 1.

Food Guide Pyramid

A Guide to Daily Food Choices


Fats, Oils, & Sweets
Use Sparingly
KEY
Fat (naturally occuring and added)
Sugars (added)
These symbols show that fat and added sugars come mostly from fats, oils, and sweets, but can be part of or added to foods from the other food groups as well.
Milk, Yogurt, & Cheese Group
2–3 Servings
Meat, Poultry, Fish, Dry Beans, Eggs, & Nuts Group
2–3 Servings
Vegetable Group
3–5 Servings
Fruit Group 2–4 Servings
Bread, Cereal, Rice, & Pasta Group
6–11 Servings

SOURCE: U.S. Department of Agriculture/U.S. Department of Health and Human Services

The food guide was developed for Americans who regularly eat foods from all five major food groups. Thus, some people, such as vegetarians, may need special help from a dietitian or nutritionist in planning food choices to assure that they get needed nutrients. Food guide development considered food use data derived from nationwide food consumption surveys. Some cultural/ethnic groups in the United States may have food use patterns that distinctly differ from those reported by a majority of respondents in nationwide surveys. Some suggestions for factors to consider when using the Food Guide Pyramid with these groups are discussed in section VII of this publication.

Using the Food Guide To Plan/Evaluate Food Choices for a Day

2

Table 1 summarizes basic information needed to begin planning or evaluating a day's food choices using the food guide. It lists the major food groups and subgroups, the ranges in numbers of servings suggested, and the amounts to count as a serving for each group.

To become comfortable using the food guide, consumers need to know about how many servings they need, in which food group(s) their food choices fit, and how much counts as a serving. Menu and recipe examples can be used to teach composition of popular foods, how they contribute to food group servings, and how food choice patterns suggested by the Food Guide Pyramid translate into everyday menus.

How Many Servings?

Earlier food guides, such as the "Basic Four," specified a "foundation diet" of a minimum number of servings from four food groups that provided about 1,200 calories and a major share (about 80 percent or more) of protein and selected vitamins and minerals. People were expected to eat more to meet their energy needs (up to 3,000 calories or more, total), but foundation diet guides did not specify how the additional calories were to be spent in food choices. No limits on fat and added sugars were suggested. In contrast, the Food Guide Pyramid suggests foods for the *total diet*. If more calories are needed than provided by the lower numbers of servings in the ranges, additional servings from the major food groups are suggested, along with modest increases in amounts of total fat and added sugars. Increasing amounts of grain products, vegetables,

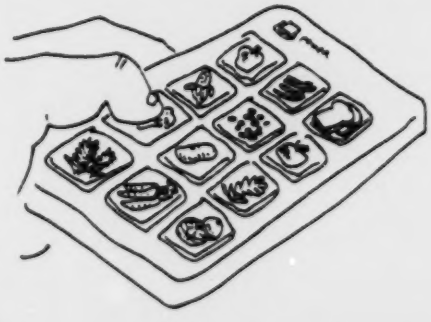


TABLE 1 THE PYRAMID GUIDE TO DAILY FOOD CHOICES

Food Group	Suggested Daily Servings	What Counts as a Serving
Bread, Cereal, Rice, Pasta Whole-grain Enriched	6 to 11 servings from entire group (Include several servings of whole-grain products daily.)	1 slice of bread 1/2 hamburger bun or english muffin a small roll, biscuit, or muffin 5 to 6 small or 3 to 4 large crackers 1/2 cup cooked cereal, rice, or pasta 1 ounce ready-to-eat cereal
Fruits Citrus, melon, berries Other fruits	2 to 4 servings from entire group	a whole fruit such as a medium apple, banana, or orange a grapefruit half a melon wedge 3/4 cup juice 1/2 cup berries 1/2 cup chopped, cooked, or canned fruit 1/4 cup dried fruit
Vegetables Dark-green leafy Deep-yellow Dry beans and peas (legumes) Starchy Other vegetables	3 to 5 servings (Include all types regularly; use dark-green leafy vegetables and dry beans and peas several times a week.)	1/2 cup cooked vegetables 1/2 cup chopped raw vegetables 1 cup leafy raw vegetables, such as lettuce or spinach 3/4 cup vegetable juice
Meats, Poultry, Fish, Dry Beans and Peas, Eggs, and Nuts	2 to 3 servings from entire group	Amounts should total 5 to 7 ounces of cooked lean meat, poultry without skin, or fish a day. Count 1 egg, 1/2 cup cooked beans, or 2 tablespoons peanut butter as 1 ounce of meat.
Milk, Yogurt, Cheese	2 servings (3 servings for women who are pregnant or breastfeeding, teenagers, and young adults to age 24.)	1 cup milk 8 ounces yogurt 1-1/2 ounces natural cheese 2 ounces process cheese
Fats, Sweets, and Alcoholic Beverages	Use fats and sweets sparingly. If you drink alcoholic beverages, do so in moderation.	

Note: The guide to daily food choices described here was developed for Americans who regularly eat foods from all the major food groups listed. Some people such as vegetarians and others may not eat one or more of these types of foods. These people may wish to contact a dietitian or nutritionist for help in planning food choices.

and fruit helps keep higher-calorie diets moderate in fat and also provides additional vitamins, minerals, and dietary fiber—nutrients that are low in many American diets.

Table 2 shows sample food patterns for a day at three calorie levels (1,600, 2,200, and 2,800), covering the ranges of servings suggested by the Food Guide Pyramid. It also indicates some age/sex groups for whom those calorie levels may be appropriate. The menu examples in section III show how 1 day's menu can be adapted for household members who have greater calorie needs than provided by the minimum number of servings. The sample food patterns are not prescriptions but illustrations of healthy proportions in the diet. Specific numbers of servings may vary somewhat from day to day. This is illustrated by the 5 days of menus described in section IV of this publication. Note: Table 2A shows a sample food pattern at 2,000 calories, the calorie level used as the base for the Daily Values on the Nutrition Facts panel of food labels.

There are many other factors to consider in planning menus that are practical for people of different ages. School and work schedules and peer influences, as well as personal health concerns, affect food choices and eating patterns.

Challenge your audience to evaluate the eating habits of their household members in comparison with Food Guide Pyramid recommendations and to think of creative and practical ways to improve their diets. For example, how might they include more foods from food groups that are underconsumed? Can they substitute similar foods that are lower in fat or sodium for items that are high in fat or salt?

Some suggestions for people of different ages are listed on pages 10 and 11.

TABLE 2 SAMPLE FOOD PATTERNS FOR A DAY AT THREE CALORIE LEVELS

1,600 calories is about right for many sedentary women and some older adults.

2,200 calories is about right for most children, teenage girls, active women, and many sedentary men. Women who are pregnant or breastfeeding may need somewhat more.

2,800 calories is about right for teenage boys, many active men, and some very active women.

	About 1,600	About 2,200	About 2,800
Bread Group Servings	6	9	11
Fruit Group Servings	2	3	4
Vegetable Group Servings	3	4	5
Meat Group	5 ounces	6 ounces	7 ounces
Milk Group Servings	2–3*	2–3*	2–3*
Total fat (grams)°	53	73	93
Total added sugars (teaspoons)°	6	12	18

** Women who are pregnant or breastfeeding, teenagers, and young adults to age 24 need 3 servings.*

° Values for total fat and added sugars include fat and added sugars that are in food choices from the five major food groups as well as fat and added sugars from foods in the Fats, Oils, and Sweets group.

TABLE 2A SAMPLE FOOD PATTERN FOR A DAY AT 2,000 CALORIES	
Bread Group Servings	8
Fruit Group Servings	2
Vegetable Group Servings	4
Meat Group	6 ounces
Milk Group Servings	2–3*
Total fat (grams)[a]	65
Total added sugars (teaspoons)[a,b]	10

** Women who are pregnant or breastfeeding, teenagers, and young adults to age 24 need 3 servings.*

[a] Values for total fat and added sugars include fat and added sugars that are in food choices from the five major food groups as well as fat and added sugars from foods in the Fats, Oils, and Sweets group.

[b] Note that the Nutrition Facts panel on food labels lists values for "total sugars," not added sugars. Total sugars include both the sugars that occur naturally in fruits, vegetables, and milk and refined sugars that are added in processing, such as the sugar added to fruit canned in heavy syrup. The Dietary Guidelines suggest using added sugars in moderation because they contribute calories but few nutrients to diets.

Suggestions for Different Ages

INFANTS AND TODDLERS

- The Dietary Guidelines and the Food Guide Pyramid are for Americans 2 years of age and older.
- Infants and toddlers have special dietary needs because of their rapid growth and development. Follow the advice of a health care provider in feeding them.

PRESCHOOL CHILDREN

- As young children begin to eat the same foods as the family, usually about the age of 2 years or older, offer them foods that are moderate in fat and saturated fat but provide the calories and nutrients they need for normal growth.
- Serve young children the same variety of foods as everyone else, but in smaller amounts to suit their smaller needs—about 2/3 of the adult serving size. That would be a 1/4- to 1/3-cup portion of vegetable, for example.
- Be sure they have at least the equivalent of two cups of milk each day, but they can have it in several small portions—three 1/2-cup portions plus a 3/4-oz piece of cheese, for example.
- Because young children often eat only a small amount at one time, offer them nutritious "meal foods" as snacks—milk or fruit juice, cut-up fruit, vegetable sticks, strips of cooked meat or poultry, whole-grain crackers and peanut butter, half a sandwich, and so forth.
- Parents and other adults can be a big influence by modeling healthy food choices and an active lifestyle.

SCHOOL-AGE CHILDREN

- Calorie needs vary widely for elementary school children. They should eat at least the lower number of servings from each of the five major food groups daily.
- Most children will need more calories for growth and activity; they should eat larger portions of foods from the major food groups and some nutritious snacks—the 2,200 calorie pattern.
- Go easy on fatty and sugary foods from the Pyramid tip, such as butter, margarine, salad dressings, candies and soft drinks, but don't forbid them. Have these as occasional treats, not everyday fare.
- Many children gain unwanted weight due to a sedentary lifestyle. Encourage physical activity, including outdoor play, to promote strength and fitness.

TEENS AND YOUNG ADULTS

- Teenagers and young adults to age 24 should have 3 servings of milk, cheese, or yogurt daily to meet their calcium needs. Bone density increases well into the twenties. Eating foods providing adequate calcium to attain maximum bone density is very important in helping prevent osteoporosis and bone fractures in later life.
- If milk is disliked, teens should include yogurts and cheeses as calcium sources. Dark-green leafy vegetables also supply calcium but in much smaller

amounts per serving than dairy products. Calcium-precipitated tofu (check the label) or calcium-fortified soy milks or fruit juices are other alternatives for people who are lactose intolerant.

- Most teenage boys will need to eat the higher number of servings from each food group—the 2,800 calorie pattern. Most teenage girls will probably need the 2,200 calorie pattern—the middle of the ranges of servings—especially when they are active or growing. Teen girls who participate in vigorous sports may need the higher numbers of servings.
- To control weight, encourage physical activity rather than repeated dieting. Eating lowfat foods from the major food groups is a good way to lower calories without cutting vitamins and minerals important for growth and development.

ADULTS

- The lower numbers of servings from each food group—the 1,600 calorie pattern—is about right for sedentary women and some older adults.
- Other adults will need more calories than this, depending on body size and physical activity. Most men will need the middle to upper numbers of servings in the ranges. The lower to middle numbers of servings in the ranges are more appropriate for calorie needs of most women.
- Regular exercise is important for all adults to maintain fitness. It also allows individuals to eat more food to get the nutrients they need without unwanted weight gain.
- Women who are pregnant or breastfeeding should have at least 3 servings of milk, yogurt, or cheese to meet their calcium needs. They should also eat more breads and cereals, fruits, vegetables, and meat and meat alternates—the 2,200 or 2,800 calorie patterns. Physicians may prescribe a multivitamin and mineral supplement as well.

OLDER ADULTS

- Older people vary in their dietary needs. Some eat the same amounts as younger adults; others eat relatively less food.
- The 1,600 calorie pattern (the lowest numbers of servings in the ranges) is about right for many older women; the 2,200 calorie pattern (the middle numbers of servings) is right for many older men.
- Because of difficulties chewing and decreased sensitivity to thirst, many older adults may need to make extra effort to get enough fluids (water, juices, milk, soups) and dietary fiber (vegetables, fruits, and whole-grain breads and cereals).
- Regular physical activity such as walking can help maintain fitness and control weight.
- Nutrient needs of older adults is an area of intense current research. Some nutrients seem to be needed in greater amounts and some in smaller amounts than for younger adults. In particular, older adults who eat less food than the 1,600 calorie pattern should consider taking a vitamin-mineral supplement under the supervision of a physician familiar with current research in geriatric nutrition.

Which Food Group?

In the Food Guide Pyramid, foods are grouped primarily by the nutrients they provide. Typical use of a food in meals and how it was grouped in past guides were also considered. Dietitians should note that the Food Guide Pyramid groups do not match those of the exchange list for diabetics. For example, starchy vegetables such as potatoes, corn, and green peas are grouped with vegetables rather than with breads, cereals, and other grain products.

Subgroups within the major food groups emphasize foods that are particularly good sources of dietary fiber or of certain vitamins and minerals that are low in diets of many Americans. Thus, the Pyramid recommends increased consumption of the subgroups dark-green leafy vegetables, legumes, and whole-grain bread and cereal products. Table 3 lists some food examples in each food group and subgroup.

Some food items can be difficult to classify. For example, grouping of corn products depends on the form in which corn is used: sweet corn is counted as a starchy vegetable; popcorn and cornmeal products such as corn tortillas are counted as grain products; hominy is grouped with starchy vegetables and hominy grits, with grain products. Snack and dessert items such as cakes, cookies, ice cream, french fried potatoes, potato chips, and so forth count with the food group of their major ingredient, e.g., bread, dairy, or vegetable group. However, use of these higher-fat items must be limited to keep total fat intake to the recommended level. Foods that are predominantly fat or added sugars, such as butter, cream cheese, and jams or jellies, are grouped with fats, oils, and sweets rather than with dairy products or fruit.

Dry beans and peas (legumes) can count *either* as a meat alternate *or* as a starchy vegetable (they should not be double counted in the same menu). These foods are good sources of protein and other nutrients provided by the meat group, such as iron and zinc, and have long been recommended as inexpensive alternates to meat. Dry beans and peas are also high in carbohydrate and are good sources of vitamins, minerals, and dietary fiber. To increase use of these nutrient-dense foods, the Food Guide Pyramid suggests including dry beans and peas as a vegetable selection several times a week, instead of considering them only as meat alternates.

TABLE 3: VARIETY FROM THE FOOD GROUPS

BREAD, CEREAL, RICE, PASTA

Whole-Grain		Enriched		Grain Products With More Fat and Sugar	
Brown rice	Pumpernickel bread	Bagels	Italian bread	Biscuit	Danish
Buckwheat groats	Ready-to-eat cereals	Cornmeal	Macaroni	Cake (unfrosted)	Doughnut
Bulgur	Rye bread and crackers	Crackers	Noodles	Cookies	Muffin
Corn tortillas	Whole-wheat bread rolls, crackers	English muffins	Pancakes and waffles	Cornbread	Pie crust
Graham crackers	Whole-wheat pasta	Farina	Pretzels	Croissant	Tortilla chips
Granola	Whole-wheat cereals	Flour tortillas	Ready-to-eat cereals		
Oatmeal		French bread	Rice		
Popcorn		Grits	Spaghetti		
		Hamburger and hot dog rolls	White bread and rolls		

FRUITS

Citrus, Melons, Berries			Other Fruits		
Blueberries	Honeydew melon	Strawberries	Apple	Guava	Pineapple
Cantaloup	Kiwifruit	Tangerine	Apricot	Grapes	Plantain
Citrus juices	Lemon	Watermelon	Asian pear	Mango	Plum
Cranberries	Orange	Ugli fruit	Banana	Nectarine	Prickly pear
Grapefruit	Raspberries		Cherries	Papaya	Prunes
			Dates	Passion fruit	Raisins
			Figs	Peach	Rhubarb
			Fruit juices	Pear	Star fruit

VEGETABLES

Dark-Green Leafy			Deep Yellow	Starchy	
Beet greens	Dandelion greens	Romaine lettuce	Carrots	Breadfruit	Lima beans
Broccoli	Endive	Spinach	Pumpkin	Corn	Potato
Chard	Escarole	Turnip greens	Sweet potato	Green peas	Rutabaga
Chicory	Kale	Watercress	Winter squash	Hominy	Taro
Collard greens	Mustard greens				

Dry Beans and Peas (Legumes)		Other Vegetables			
Black beans	Lima beans (mature)	Artichoke	Cauliflower	Green pepper	Snow peas
Black-eyed peas	Mung beans	Asparagus	Celery	Lettuce	Summer squash
Chickpeas (garbanzos)	Navy beans	Bean and alfalfa sprouts	Chinese cabbage	Mushrooms	Tomato
Kidney beans	Pinto beans	Beets	Cucumber	Okra	Turnip
Lentils	Split peas	Brussels sprouts	Eggplant	Onions (mature and green)	Vegetable juices
		Cabbage	Green beans	Radishes	Zucchini

TABLE 3: VARIETY FROM THE FOOD GROUPS (CONTINUED)

MEAT, POULTRY, FISH, AND ALTERNATES

Meat, Poultry, and Fish

- Beef
- Chicken
- Fish
- Ham
- Lamb
- Organ meats
- Pork
- Shellfish
- Turkey
- Veal
- Luncheon meats, sausage

Alternates

- Eggs
- Dry beans and peas (legumes)
- Nuts and seeds
- Peanut butter
- Tofu

MILK, YOGURT, AND CHEESE

Lowfat Milk Products

- Buttermilk
- Lowfat cottage cheese
- Lowfat milk (1% and 2% fat)
- Lowfat or nonfat plain yogurt
- Skim milk

Other Milk Products with More Fat or Sugar

- Cheddar cheese
- Chocolate milk
- Flavored yogurt
- Frozen yogurt
- Fruit yogurt
- Ice cream
- Ice milk
- Process cheeses and spreads
- Puddings made with milk
- Swiss cheese
- Whole milk

FATS, SWEETS, AND ALCOHOLIC BEVERAGES

Fats

- Bacon, salt pork
- Butter
- Cream (dairy, nondairy)
- Cream cheese
- Lard
- Margarine
- Mayonnaise
- Mayonnaise-type salad dressing
- Salad dressing
- Shortening
- Sour cream
- Vegetable oil

Sweets

- Candy
- Corn syrup
- Frosting (icing)
- Fruit drinks
- Gelatin desserts
- Honey
- Jam
- Jelly
- Maple syrup
- Marmalade
- Molasses
- Table syrup
- Popsicles and ices
- Sherbets
- Soft drinks and colas
- Sugar (white and brown)

Alcoholic Beverages

- Beer
- Liquor
- Wine

What Counts as a Serving?

Four factors were considered in defining serving sizes for the Food Guide Pyramid: amounts typically reported in food consumption surveys, comparable nutrient content to other food items in the food group, easy-to-recognize household units, and serving sizes used in previous food guides.

Serving sizes specified by the Food Guide Pyramid (table 1) represent unit quantities that consumers can use to estimate the amount of a food they eat. The guide is intended for healthy people, not for those on a prescribed diet, so consumers are not expected to weigh or measure their food. For ease of use, the number of different serving sizes for foods in each food group was kept to a minimum. (For example, the serving size for all fruit juices is 3/4 cup, rather than varying from 1/3 to 3/4 cup based on carbohydrate content of the specific juice, as in the diabetic exchange system.)

For most food groups, the amount to count as a serving is comparable to the amount typically reported in food consumption surveys—for example, 1/2 cup of cooked vegetable, or 1 cup of leafy raw salad greens. For foods in the bread group, portions typically reported (e.g., 1 cup of rice or pasta, 1 whole hamburger bun) more nearly equate to 2 servings from the Food Guide Pyramid. For this group, the familiar serving size used in previous guides [e.g., 1 slice of bread (1 oz.) or 1/2 cup of rice or pasta] was retained for the Food Guide Pyramid.

For meat, poultry, and fish, the portion sizes reported in surveys vary widely depending on the type of meat and the eating occasion. For example, dinner portions are typically 3 ounces or more, while amounts used in a sandwich are 1 to 2 ounces. Common portions of meat alternates, such as 1 egg, or 2 tablespoons of peanut butter, or 1/2 cup of cooked dry beans or peas, are equivalent in protein and most vitamins and minerals to 1 ounce of lean meat. Thus, the Food Guide Pyramid suggests that the 2 to 3 servings from the meat group should *total* 5 to 7 ounces per day. For example, a person might have an egg for breakfast, 2 ounces of meat in a sandwich for lunch, and a 3-ounce portion of meat for dinner, for a total equivalent to 6 ounces from the meat group for the day.

For foods in the Fats, Oils, and Sweets category, no serving size or numbers of servings are listed. The amounts of these foods that can be included depend on the fat and added sugars provided as part of the specific food items selected from the major food groups. For example, a medium croissant counts as 2 servings from the bread group but provides 12 grams of fat, as compared with 2 grams of fat provided by 2 slices of plain bread. Thus, if a croissant is selected, the amount of spreads and dressings used should be reduced to compensate for the extra fat provided by the croissant (equivalent to about 2 teaspoons of butter or margarine) to keep total fat in the menu to the targeted level shown in table 2.

The following are some ways to help consumers estimate servings when using the food guide.

(Note that for grain products, fruits, and vegetables, precision in estimating serving sizes is not necessary; a major objective is to encourage increased consumption of a variety of foods from these groups and to demonstrate that amounts suggested by the Food Guide Pyramid are realistic, not excessive. More attention should be given to serving sizes of foods that may contribute significant amounts of fat—meats, dairy products, and table spreads and dressings—and fats used in food preparation.)

FOOD LABEL SERVING SIZES vs. FOOD GUIDE PYRAMID SERVING SIZES—WHY DO THEY DIFFER?

The serving sizes in the food guide and on food labels serve different purposes. In the food guide, only a few serving sizes are specified for each food group, using simple, memorable household units. People are to use the serving size amounts to visually estimate the amount of food they are eating.

To promote consumers' ability to compare nutrition information on similar products, food label regulations specify reference serving amounts for 184 product categories. Information on the Nutrition Facts panel must be based on the serving size declared on the label. Serving sizes on food labels must also be expressed in consumer-friendly household units—cups, ounces, or pieces, as well as gram weights.

In many cases the serving sizes are similar on labels and in the food guide, especially when expressed as household measures. For foods falling into only one major food group (e.g. canned vegetables, fruit juices, breads or cereals), the household measures provided on the label can help the consumer relate the label serving size to the food guide serving size. For mixed dishes, food guide serving sizes may be used to visually estimate the food item's contribution to each food group as the food is eaten—for example, the amounts of bread, vegetable, and cheese contributed by a portion of pizza.

In both cases—food guide and nutrition label—it's important to remember that the "serving size" is a unit of measure and may not be the portion an individual actually eats.

- Demonstrate what the serving size quantities look like. For example, measure 1/2 cup of cooked vegetable, rice, or pasta onto a plate; or 1 cup of leafy salad greens in a bowl. Pour 1 cup (8 fl. oz.) of beverage into a glass.
  - — If a portion is larger than the listed serving size, count it as more than 1 serving; for example, count 3/4 cup of cooked vegetable as 1-1/2 servings.
  - — If a portion is smaller than the listed serving size, count it as part of a serving; for example, count 1/4 cup of cooked vegetable as 1/2 serving. Generally, do not count amounts less than 1/4 serving (e.g., less than 2 tablespoons of cooked vegetable).
  - — For mixtures of several fruits or vegetables (for example, fruit cocktail, peas and carrots, or vegetables in a stew), estimate the amount of total fruit or vegetable rather than try to separate the types.
- Point out the serving size listed on the Nutrition Facts panel of the food label. The serving size listed on the label is not always the same as that specified in the food guide (food label regulations specify allowable serving sizes for a large number of product categories and package sizes), but it must be listed in household units that can often be readily converted to food guide servings.
- Relishes and condiments: Vegetables and fruits used in very small quantities as relishes or condiments, such as catsup, pickles, and so forth, are not counted as food group servings. But note that these foods can contribute significant amounts of sodium, especially if used often. Items such as avocados and olives can contribute significant amounts of fat.

  Items such as salsas that are often used in larger quantities (1/4 cup or more) than condiments can count toward food group servings.
- Fats, oils, and sweets: Emphasize the need to watch the quantities of spreads and dressings used in food preparation or at the table. Small amounts of these foods from the Fats, Oils, and Sweets group can contribute significant amounts of fat or added sugars. For example, 1 teaspoon of butter or margarine contributes 4 grams of fat (about 34 calories); 1 teaspoon of sugar, syrup, jam, or jelly counts as 1 teaspoon of added sugars (about 15 calories).

TABLE 4. COUNTING FOOD GROUP SERVINGS IN RECIPES

Recipe	Portion Size	Bread	Vegetable	Fruit	Milk	Meat oz.	Fat[1] grams	Calories[1]
MAIN DISHES								
Savory Sirloin	3 ounces					3	5	129
Creole Fish Fillets	3 oz fish; 1/2 cup sauce		1			3	1	131
Apricot-Glazed Chicken	3 oz chicken			1/2		3	2	212
Pork and Vegetable Stirfry with Rice	2 cups	1-1/2	1			3	9	370
Taco Salad	1 salad	3/4	1-1/2		1/2	2-1/2	19	455
Chili Potato	1 potato		1-1/2			2-1/2	9	397
Breakfast Pita Sandwich	1	1	1/4			1/2	6	171
Tuna and Sprouts Sandwich	1	2				1-1/2	4	202
Turkey Pasta Salad	1-1/4 cups	1		1/2		2	6	264
Lentil Stroganoff with Noodles	2-1/4 cups	1-1/2	1-1/4		1/4	2	5	520
Split Pea Soup	1 cup		1/2			1-1/4	2	218
Turkey Patty	1 patty					1-1/2	6	123
VEGETABLES								
Corn and Zucchini Combo	1/2 cup		1				2	76
Spinach-Orange Salad	1 cup		1-1/2	1/2			7	108
Confetti Coleslaw	1/2 cup		1					36
BREADS AND GRAINS								
Whole-Wheat Cornmeal Muffins	1	2					4	129
Whole-Wheat Pancakes	2	2					4	172
Rice-Pasta Pilaf	3/4 cup	1-1/2	1/4				5	203
DESSERTS								
Lemon Pound Cake	1/2" slice	3/4					8	193
Peach Crisp	1/2 cup	1/2		3/4			4	153
Chocolate Mint Pie	1/8 8" pie	1/2			1/4		6	176
Yogurt-Strawberry Parfait	1 cup			1	1/2		2	128
MISCELLANEOUS								
Blueberry Sauce	4 Tbsp.			1/3			trace	33

[1] *Fat and calories have been rounded to the nearest whole number. These values may differ from those on recipes in this publication due to rounding.*

TABLE 5. COUNTING FOOD GROUP SERVINGS IN 1 DAY'S MENU AT 2,200 CALORIES

Recipe	Bread	Vegetable	Fruit	Milk	Meat oz.	Fat[1] grams	Calories[1]
BREAKFAST							
Medium grapefruit, 1/2			1			trace	41
Medium banana			1			1	108
Ready-to-eat cereal flakes, 1 ounce	1					trace	111
Toasted raisin english muffin	2					1	138
Soft margarine, 2 teaspoons						8	68
Skim milk, 1/2 cup				1/2		trace	43
LUNCH							
* Taco salad, 1 serving unsalted tortilla chips tomato puree and greens lowfat, low-sodium cheddar cheese beef and beans	3/4	1-1/2		1/2	2-1/2	19	455
Medium gingersnaps, 2	1					2	101
DINNER							
* Pork and vegetable stirfry, 1 serving rice vegetables pork	1-1/2	1			3	9	370
Cooked broccoli, 1/2 cup		1				trace	26
Small white rolls, 2	2					3	167
Soft margarine, 2 teaspoons						8	68
Minted pineapple chunks, juice-pack, 1/2 cup			1			trace	75
SNACKS							
Wheat crackers, 6	1					4	86
Cheddar cheese, 1-1/2 ounces				1		14	171
Turkey sandwich, 1/2 rye bread turkey lettuce leaf mayonnaise-type salad dressing, reduced-calorie, 1/2 tablespoon	1				1	4	137
No-salt-added tomato juice, 3/4 cup		1				trace	31
Total	**10-1/4**	**4-1/2**	**3**	**2**	**6-1/2**	**73**	**2,196**

[1] *Values for fat and calories may not add up to those in Table B and Tables A-7 through A-11 due to rounding of values for individual menu items.*

* *Recipes included in Appendix 2.*

Counting Food Group Servings from Mixed Dishes and Recipes

Many foods Americans eat are mixtures of foods from several food groups—pizza, beef stew, and macaroni and cheese, for example. Even items such as rice pudding or fruit cobblers are foods that can count as partial servings of more than one food group.

Here are some suggestions to help your audience estimate food group servings contributed by mixtures:

- For a mixed main dish that is familiar and popular with your audience, have them identify the major food group components and then estimate the amounts of these. For example, about how much pasta, how much vegetable sauce, and how much meat are in a portion of lasagna? The more familiar with food preparation your audience is, the better their estimates will be.

- Take apart a frozen plate dinner or entree. Show how to use information on the food label for a start: the ingredient label lists the ingredients from most to least by weight; the Nutrition Facts panel lists the calories and grams of fat per serving of the item.

  Most frozen dinners or entrees provide only 300 to 500 calories. They typically include about 2 to 2-1/2 ounces of meat and 1 to 1-1/2 servings (1/2-3/4 cup) of vegetables. The amount of grain product such as rice or noodles varies more, with some containing less than 1 serving (1/2 cup) and others containing more than a serving.

- Show how to determine the number of food group servings per portion of a recipe for a mixed dish. Using the ingredients and amounts listed in the recipe, determine the total number of servings of each food group in the recipe and divide by the number of portions the recipe makes. Remember that food guide serving sizes are based on food "as eaten"—that means all the meat is cooked and trimmed, not raw.

  For your reference, appendix 1 provides more detailed suggestions for counting food group servings in recipes, including tables indicating yields of cooked lean meat from various cuts of raw meats. Appendix 1 also has more detailed lists of amounts to count as a serving for various forms of foods in each food group.

Table 4 lists 23 recipes developed for this publication and the numbers of food group servings per portion for each recipe. Recipes are included in appendix 2. The recipes illustrate the suggestions for counting servings (appendix 1) and are used in the menus described in sections III and IV to show contribution of mixed dishes to food group servings for the day. Additional criteria for developing the recipes are discussed in section V.

Counting Food Group Servings in 1 Day's Menu

Many people may feel more comfortable using the food guide when they see how the suggested food patterns translate into everyday menu selections. Appendix 3 contains 15 tables (tables A-12 to A-26) of menu examples (five menus at each of three calorie levels) that show how food group servings add up in a day's menu. These tables illustrate how larger portions, mixed dishes, and desserts and snacks contribute to food group servings. The menus also illustrate principles of balance, whereby higher-fat menu items are balanced by those lower in fat, to keep total fat intake moderate.

As an example, table 5 shows how food group servings add up in 1 day's menu at 2,200 calories. Note the following points:

- A larger portion of a food item counts as more than 1 serving. For example, the whole toasted raisin english muffin at breakfast counts as 2 servings from the bread group. A smaller portion counts as part of a serving—the 1/2 cup of skim milk at breakfast counts as 1/2 serving from the milk group.
- Mixed dishes count as partial servings from several food groups. In this menu, the *Taco Salad* and *Pork and Vegetable Stirfry* each count toward servings of 3 or 4 food groups.
- Desserts and snacks contribute to food group servings. In this menu, plain cookies (gingersnaps), fruit (pineapple chunks for dessert at dinner), crackers, cheese, vegetable juice, and a half-sandwich contribute substantially to food group servings and nutrient intake for the day.
- The relatively high-fat entree at lunch (*Taco Salad*) and the cheese for snack are balanced by a lowfat breakfast, a lowfat entree for dinner (*Pork and Vegetable Stirfry*), and selection of fruit and lower-fat cookies for desserts.
- Reduced-fat and reduced-salt/sodium products can also help keep fat and sodium levels in check. This menu uses lowfat, low-sodium cheese, and unsalted tortilla chips in the *Taco Salad*, low-calorie mayonnaise-type dressing in the turkey sandwich, and no-salt-added tomato juice.

This menu slightly exceeds the numbers of servings in the 2,200 calorie pattern for the bread group, vegetable group, and meat/meat alternates but provides the target level of fat and calories. The beans in the Taco Salad were counted as a meat alternate but could have been counted as a vegetable serving instead. Thus, exceeding the 6 ounces from the meat group did not create a problem in terms of fat and saturated fat content of the menu.

In order to keep calories to the target level, sources of added sugars in this menu are limited to the cookies at lunch. The additional servings of bread, vegetables, and beans provide extra calories from carbohydrate. To include more added sugars in the menu, one could omit one of the small rolls at dinner and substitute a serving of gelatin dessert or sherbet, or use pineapple canned in syrup instead of juice as specified in this menu.

To help your audience practice using the food guide to plan or evaluate their day's food choices, you may want to try the following activities:

- Choose a menu example from appendix 3 to discuss, as above.
- Choose a second menu example, and have your audience estimate the numbers of food guide servings contributed by each item. Compare their estimates to those in the example table, and discuss any questions or differences.
- Using the blank form in the back of appendix 3, have your audience suggest a day's menu or do a 24-hour recall. List menu items and estimate food group servings, fat, and calories from each. Compare totals to food patterns suggested by the Food Guide Pyramid and have your audience discuss possible changes to make the menu more healthful.

Food Choices for 1 Day at Three Calorie Levels

3

Nutrient and calorie needs vary from person to person, depending on age, sex, body size, and activity level. But even if a household contains people with different nutrient needs, it is not necessary to serve different foods for each person.

DEMONSTRATE THESE STEPS:

- First, plan a menu to include at least the lower number of servings of foods from each group—the 1,600 calorie pattern in table 2. Then, adjust the menu for household members who need different amounts of food.
- Provide larger or smaller portions of menu items. For example, 1/2 cup cooked rice counts as one serving from the Bread, Cereal, Rice, and Pasta Group; 1 cup of rice counts as 2 servings. A young child could have a smaller portion, about 1/4 to 1/3 cup.
- For those who need more servings (the 2,200 or 2,800 calorie patterns for example), include additional foods in meals or snacks—a piece of fruit, a peanut butter sandwich, crackers and cheese, and so forth. Go easy on fats and added sugars; make most of the additional foods count toward food group servings.

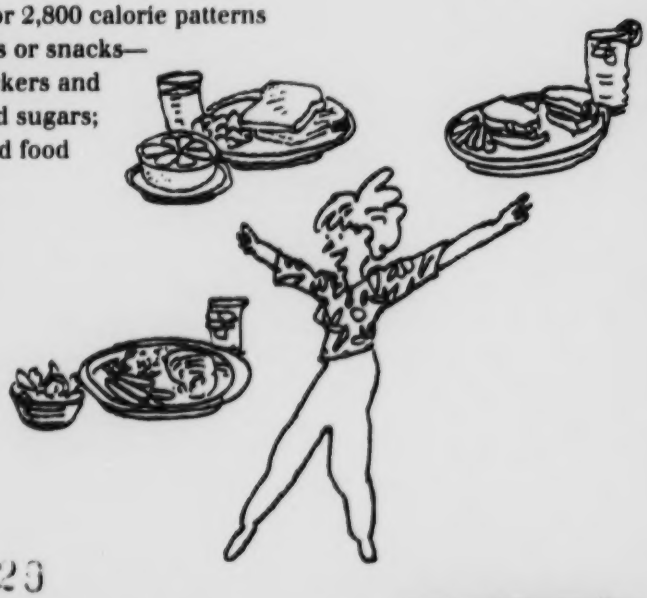


Table 6 shows 1 day's menu adapted for three calorie levels—1,600, 2,200, and 2,800 calories. This table shows how one basic menu can be adjusted for members of the household who have different calorie needs. Those with higher calorie needs take larger portions of some meal items and supplement their meals with simple-to-prepare desserts and snacks. In appendix 3, tables A-7 to A-10 provide four additional menu examples at three calorie levels.

TABLE 6 ONE DAY'S MENU AND FOOD GROUP SERVINGS AT 3 CALORIE LEVELS

Item	Calorie Level		
	1,600	2,200	2,800
BREAKFAST			
Cantaloup	1/4 medium	1/4 medium	1/4 medium
*Whole-wheat pancakes	2	2	3
*Blueberry sauce	1/4 cup	1/4 cup	6 tablespoons
Margarine		1 teaspoon	2 teaspoons
*Turkey patty		1-1/2 ounces	1-1/2 ounces
Milk	skim, 1 cup	skim, 1 cup	2%, 1 cup
LUNCH			
*Chili-stuffed baked potato	3/4 cup chili, 1 potato	3/4 cup chili, 1 potato	3/4 cup chili, 1 potato
Lowfat, low-sodium cheddar cheese		3 tablespoons	3 tablespoons
*Spinach-orange salad	1 cup	1 cup	1 cup
Wheat crackers	6	6	6
Grapes			12
Fig bars			2
Milk		skim, 1 cup	2%, 1 cup
DINNER			
*Apricot-glazed chicken	1 breast half	1 breast half	1 breast half
*Rice-pasta pilaf	3/4 cup	3/4 cup	3/4 cup
Steamed zucchini			1/2 cup
Tossed salad	1 cup	1 cup	1 cup
Reduced-calorie italian dressing	1 tablespoon	1 tablespoon	
Regular italian dressing			1 tablespoon
Hard roll(s)	1 small	2 small	2 small
Margarine		2 teaspoons	2 teaspoons
Vanilla ice milk	1/2 cup	1/2 cup	1/2 cup
SNACKS			
Fig bar	1		
Skim milk	3/4 cup		
Apple		1/2 medium	1/2 medium
Soft pretzel		1 large	1 large
Lemonade			1 cup
2% fat milk			1 cup

TABLE 6. ONE DAY'S MENU AND FOOD GROUP SERVINGS AT 3 CALORIE LEVELS (CONTINUED)

Item	Calorie Level		
	1,600	2,200	2,800
NUMBER OF SERVINGS			
Bread group	6	9	11
Vegetable group	4-1/4	4-1/4	5-1/4
Fruit group	2-1/3	2-3/4	4
Milk group	2	2-2/3	3-2/3
Meat group (ounces)	5-1/2	7	7
NUTRIENT DATA			
Calories	1,665	2,199	2,859
Fat[1], g	38	59	87
Percent calories from fat	20%	24%	27%
Saturated fat[1], g	11	17	27
Percent calories from saturated fat	6%	7%	8%
Cholesterol, mg	183	236	309
Sodium, mg	1,861	3,138	3,508
Dietary fiber, g	23	25	31

[1] *Values have been rounded to the nearest whole number.*

* *Recipes included in Appendix 2.*

Planning Menus for Several Days

4

Planning menus for several days at a time is a good idea for several reasons. It makes it easier to include a variety of foods from each food group, especially foods from subgroups that provide nutrients that are often low in American diets. It also provides the opportunity to balance fat and sodium to maintain healthful levels over time. Also, planning ahead can reduce shopping trips and assure needed ingredients are on hand to make food preparation easier.

Menus for several days should include all vegetable subgroups (see table 1, section 2, page 6): dark-green leafy, deep-yellow, dry beans and peas (legumes), starchy, and other vegetables. The Food Guide Pyramid suggests including dark-green leafy vegetables and dry beans and peas several times a week and several servings of whole-grain breads and cereals each day. The food guide encourages greater consumption of these subgroups to meet nutritional objectives for dietary fiber and nutrients such as magnesium, iron, zinc, vitamin B6, and folate. These nutrients are low in diets of many Americans.

Table 7A lists menus for 5 days at approximately 2,200 calories per day. These menus were not planned to be a particular cycle or sequence; they do not incorporate leftovers or even use just one type of milk; and items like fresh strawberries and cantaloup are not readily available in all seasons of the year. The menu items are intended to include a variety of popular meats, milk products, vegetables, fruits, and grain products and mixed dishes with recipes to show how these foods contribute to servings from the food groups. [Appendix 3 contains three tables (tables A-4 to A-6) showing 5 days' menus at 1,600, 2,200, and 2,800 calories. Tables A-12 to A-26 show food group serving tallies for each day's menu.]

TABLE 7A: FIVE DAYS' MENUS AT 2,200 CALORIES

Day 1	Day 2	Day 3	Day 4	Day 5
BREAKFAST				
Orange juice ..... 3/4 c	Grapefruit juice ..... 3/4 c	Grapefruit 1/2	Fresh sliced strawberries ..... 1/2 c	Cantaloup ..... 1/4 melon
Oatmeal ..... 1/2 c	*Breakfast pita ..... 1 sandwich	Banana ..... 1 medium	Whole-grain cereal flakes ..... 1 oz	*Turkey patty ..... 1-1/2 oz
White toast ..... 2 slices	2% fat milk ..... 1 c	Ready-to-eat cereal flakes ..... 1 oz	Toasted plain bagel. 1 medium	*Whole-wheat pancakes 2
Margarine ..... 2 tsp		Toasted english muffin with raisins 1	Cream cheese ..... 1 tbsp	*Blueberry sauce ..... 1/4 c
Jelly ..... 1 tsp		Margarine ..... 2 tsp	2% fat milk ..... 1 c	Margarine ..... 1 tsp
2% fat milk, ... 1/2 c		Skim milk ..... 1/2 c		Skim milk ..... 1 c
LUNCH				
*Split pea soup ..... 1 c	*Turkey pasta salad ... 1-1/4 c	*Taco salad greens ..... 1 c	Broiled chicken fillet sandwich 1	*Chili stuffed baked potato 1
*Quick tuna and sprouts sandwich 1	Tomato wedges on lettuce leaf ..... 1 serving	chili ..... 3/4 c	Mayonnaise ..... 1 pkt	Lowfat, low-sodium cheddar cheese ..... 3 tbsp
Mixed green salad ..... 1 c	Hard rolls 2	Gingersnaps 2	*Confetti coleslaw ..... 1/2 c	*Spinach-orange salad ..... 1 c
Reduced-calorie italian dressing ..... 1 tbsp	Margarine ..... 2 tsp		Fresh orange 1	Wheat crackers 6
*Chocolate mint pie ..... 1 serving	Oatmeal cookies 4		2% fat milk ..... 1 c	Skim milk ..... 1 c
	2% fat milk ..... 1 c			
DINNER				
*Savory sirloin ..... 3 oz	*Creole fish fillets ..... 4 oz	*Pork and vegetable stirfry ..... 1 c	*Lentil stroganoff ..... 1-1/2 c	*Apricot-glazed chicken ... 3 oz
*Corn and zucchini combo ..... 3/4 c	Small new potatoes with skin 2	mixture over ..... 3/4 c rice	mixture over ..... 3/4 c noodles	*Rice-pasta pilaf ..... 3/4 c
Tomato and lettuce salad ..... 1 serv.	Cooked green peas ..... 1/2 c	Cooked broccoli ..... 1/2 c	Cooked whole green beans ..... 1/2 c	Tossed salad ..... 1 c
French dressing ..... 1 tbsp	with margarine ..... 1 tsp	White rolls 2	with margarine ..... 1 tsp	Reduced-calorie italian dressing ..... 1 tbsp
Whole-wheat rolls 2	*Whole-wheat cornmeal muffins 2	Margarine ..... 2 tsp	Tomato and cucumber salad ..... 1 serv.	Hard rolls 2
Margarine ..... 1 tsp	Margarine ..... 2 tsp	Minted pineapple chunks ..... 1/2 c	Reduced-calorie vinaigrette dressing ..... 1 tbsp	Margarine ..... 2 tsp
*Yogurt-strawberry parfait ..... 1 c	*Peach crisp ..... 1/2 c		Pumpernickel roll 1	Vanilla ice milk ..... 1/2 c
			Margarine ..... 1 tsp	
			Honeydew ..... 1/8 melon	
SNACKS				
Graham crackers .... 6 squares	Bagel ..... 1 medium	Wheat crackers 6	No-salt-added vegetable juice ..... 3/4 c	Soft pretzel ..... 1 large
2% fat milk ..... 1 c	Margarine ..... 2 tsp	Cheddar cheese ..... 1-1/2 oz	Roast beef sandwich 1	Fresh apple 1/2
Peanut butter ..... 2 tbsp	Fresh pear 1	Turkey sandwich 1/2	2% fat milk ..... 1 c	
Fresh peach 1		No-salt-added tomato juice ..... 3/4 c		
Carrot sticks ..... 7-8 medium				

** Recipes included in Appendix 2.*

TABLE 7B: FOOD GROUP/SUBGROUP SERVINGS FROM 5 DAYS' MENUS AT 2,200 CALORIES						
Food Groups	**Day 1**	**Day 2**	**Day 3**	**Day 4**	**Day 5**	**Average**
Bread: Total	**9-1/2**	**11-1/2**	**10-1/4**	**9-1/2**	**9**	**10**
White/enriched	2	5-1/4	7-1/2	3-1/2	5-1/4	
Whole grain	7-1/2	6-1/4	2-3/4	6	3-3/4	
VEGETABLES: Total	**5**	**4-1/2**	**4-1/2**	**5-1/4**	**4-1/2**	**4-1/2**
Dark-green leafy	1/2		1		1	
Deep yellow	1					
Starchy		2			1	
Dry beans[1]						
Others including mixtures	3-1/2	2-1/2	3-1/2	5-1/4	2-1/4	
FRUIT: Total	**3**	**3-1/4**	**3**	**3**	**2-3/4**	**3**
MILK: Total	**2-1/4**	**2**	**2**	**3-1/4**	**2-2/3**	**2-1/2**
Fluid milk	1-3/4	2	1/2	3	2	
Yogurt	1/2			1/4		
Cheese			1-1/2		1/3	
Ice milk					1/3	
MEAT: Total (ounces)	**6-3/4**	**6-1/2**	**6-1/2**	**6**	**7**	**6-1/2**
Meat, poultry, fish (ounces)	4-1/2	6	5-1/2	4	6	
Dry beans[1]	1-1/4		1	2	1	
Eggs		1/2				
Nuts/Peanut butter	1					
NUTRIENT DATA:[2]	**Day 1**	**Day 2**	**Day 3**	**Day 4**	**Day 5**	**Average**
Calories	2,247	2,236	2,194	2,197	2,199	2,215
Fat, g	73	71	73	59	59	67
Percent calories from fat, %	28	28	29	24	24	27
Saturated fat, g	19	18	25	20	17	20
Percent calories from saturated fat, %	5	7	10	8	7	7
Cholesterol, mg	103	336	182	238	236	219
Sodium, mg	2,668	2,331	2,560	2,431	3,138	2,626
Dietary fiber, g	41	27	25	34	25	30

[1] *Dry beans can be counted as a meat alternate or vegetable. In these menus, they have been counted as a meat alternate.*

[2] *Nutritive values have been rounded to the nearest whole number.*

TABLE 8. NUTRIENTS IN 5 DAY 5 MENUS AT 3 CALORIE LEVELS COMPARED TO RDA FOR SELECTED AGE/SEX GROUPS

Menu	ENERGY (kcal)	PROTEIN (g)	CHO (g)	FAT (g)	SFA (g)	MONOFAT (g)	POLYFAT (g)	CHOL (mg)	FIBER (g)	VITA (IU)	VITA (RE)	CARO (RE)	THIAMIN (mg)
1600 calorie:													
Day 1	1593	92	237	36.6	8.7	13.1	11.5	82	32	7122	1020	557	1.5
Day 2	1636	93	231	39.9	8.5	12.5	15.1	255	20	5179	956	301	1.7
Day 3	1595	84	237	37.2	12.5	15.1	6.1	129	19	14021	1720	1239	2.6
Day 4	1624	95	229	40.2	13.3	12.2	11.0	186	25	5164	977	275	1.9
Day 5	1665	90	250	38.3	11.2	12.6	10.5	183	23	11422	1404	1012	1.5
Mean	1623	91	237	38.4	10.8	13.1	10.8	167	24	8582	1215	677	1.8
Percent RDA:													
C 7–10 yrs.		325									174		184.4
F 25–50 yrs.		182									152		167.6
F 51 + yrs.		182									152		184.4
2200 calorie:													
Day 1	2247	109	312	72.9	18.8	26.8	22.0	103	41	17007	2031	1535	1.9
Day 2	2236	109	299	70.8	18.0	22.6	24.3	336	27	6222	1155	356	2.1
Day 3	2194	105	289	73.0	24.6	26.9	15.5	182	25	15827	2004	1376	3.1
Day 4	2197	122	305	59.1	20.1	18.2	15.5	238	34	8565	1493	529	2.6
Day 5	2199	120	305	59.2	16.6	19.6	17.6	236	25	12217	1610	1028	1.8
Mean	2215	113	302	67.0	19.6	22.8	19.0	219	30	11968	1659	965	2.3
Percent RDA:													
C 7–10 yrs.		403									237		228.0
M 25–50 yrs.		179									166		152.0
M 51 + yrs.		179									166		190.0
F 11–14 yrs.		245									207		207.3
F 25–50 yrs.		226									207		207.3
F pregnant		188									207		152.0
2800 calorie:													
Day 1	2783	133	416	78.6	19.8	28.9	23.7	124	49	17293	2070	1558	2.3
Day 2	2823	130	386	92.8	23.0	32.2	32.2	397	39	7419	1303	461	2.6
Day 3	2782	135	383	83.9	28.2	29.8	18.8	222	30	20884	2676	1795	3.5
Day 4	2793	138	391	82.3	27.6	26.6	20.8	513	38	10233	1869	597	2.9
Day 5	2859	134	400	86.6	27.3	27.7	24.4	309	31	13462	1859	1090	2.2
Mean	2808	134	395	84.8	25.2	29.0	24.0	313	37	13858	1955	1100	2.7
Percent RDA:													
M 15–18 yrs.		227									196		179.0
M 25–50 yrs.		213									196		179.0
F lactating		206									150		168.0

RIBO (mg)	NIACIN (mg)	VITB6 (mg)	FOLATE (mcg)	VITB12 (mcg)	VITC (mg)	VITE (a-TE)	CALCIUM (mg)	PHOS (mg)	MAGN (mg)	IRON (mg)	ZINC (mg)	COPPER (mg)	SODIUM (mg)
1.9	20	1.5	410	6.1	170	6	978	1642	373	15	12	1.6	1920
2.1	20	1.8	268	3.5	215	9	975	1505	316	12	9	1.3	1805
2.3	24	2.4	377	3.4	188	5	1008	1337	299	16	15	1.2	1681
2.4	27	2.2	519	4.5	203	4	1006	1554	335	20	10	1.5	1747
2.0	29	2.3	314	3.9	196	7	1032	1534	378	13	10	1.7	1861
2.1	24	2.0	378	4.3	194	6	1000	1514	340	15	11	1.5	1803
178.5	185	145.9	378	305.3	435	89	125	189	200	150	113		
164.8	160	127.6	210	213.7	326	77	125	189	121	100	94		
178.5	185	127.6	210	213.7	326	77	125	189	121	150	94		
2.4	29	1.8	486	6.1	183	12	1076	1921	498	18	14	2.0	2668
2.5	23	2.1	306	3.9	229	12	1131	1722	387	15	11	1.7	2331
2.6	31	3.4	475	2.9	227	10	1117	1499	374	21	16	1.7	2560
3.2	33	2.8	655	6.1	325	7	1439	2042	457	24	14	2.2	2431
2.4	34	2.6	342	4.4	200	9	1311	1854	420	16	14	1.9	3138
2.6	30	2.6	453	4.7	233	10	1215	1808	427	19	14	1.9	2626
218.5	232	182.3	453	333.3	518	145	152	226	251	188	137		
154.2	159	127.6	226	233.3	388	102	152	226	122	188	92		
187.3	201	127.6	226	233.3	388	102	152	226	122	188	92		
201.7	201	182.3	302	233.3	466	127	101	151	153	126	114		
201.7	201	159.5	251	233.3	388	127	152	226	153	126	114		
163.9	177	116.0	113	212.1	333	102	101	151	134	63	92		
3.1	33	2.9	575	8.0	200	13	1498	2428	640	21	18	2.4	3044
3.1	31	2.7	408	4.6	263	16	1518	2310	605	20	16	2.3	2676
3.5	34	3.9	660	4.6	384	11	1784	2128	489	24	20	1.9	3171
3.8	36	3.1	724	6.7	373	10	1568	2287	513	28	16	2.5	2966
3.2	37	2.9	393	5.4	225	13	1752	2235	531	19	16	2.2	3508
3.3	34	3.1	552	5.9	289	13	1624	2278	556	22	17	2.3	3073
186.0	170	154.0	276	294.0	482	127	135	190	139	185	115		
197.0	179	154.0	276	294.0	482	127	203	285	159	222	115		
186.0	170	147.0	197	226.0	304	106	135	190	157	148	91		

Note: Because each recipe developed for this publication (appendix 2) is included in one of the five menus, the menus have more items prepared "from scratch" than is realistic in today's busy households. Substitutions of similar items, i.e., another vegetable, salad, or simple dessert, may be made to adapt the menus to your audience's tastes, eating schedules, and food preparation skills. The recipes may be used to teach food group contributions of comparable mixed foods; however, if items such as the *Taco Salad, Chili-Baked Potato, Confetti Coleslaw,* and so forth are purchased away from home, they may contribute more fat and sodium than the recipe items used in these menus.

The menus listed in table 7A include several servings of dark-green leafy vegetables (romaine lettuce in mixed salads, cooked broccoli, *Spinach-Orange Salad*), and several servings of legumes (*Split Pea Soup, Taco Salad, Chili-Stuffed Baked Potato,* and *Lentil Stroganoff*). In the recipe items, the legumes were counted as meat alternates (1/2 cup cooked beans = 1 ounce of meat); but the beans in these dishes could have been counted as vegetable servings instead (1/2 cup cooked beans = 1 vegetable serving). A variety of whole-grain products are represented in the menus: oatmeal, whole-grain ready-to-eat cereal, *Whole-Wheat Pancakes,* whole-wheat bread and rolls, *Whole-Wheat Cornmeal Muffins,* pumpernickel roll, corn tortilla chips, and graham crackers. Wheat crackers, oatmeal cookies, and *Peach Crisp* also contain some whole-grain ingredients.

Dessert and snack items in the menus are planned to count toward food group servings as well as to satisfy appetite. Foods such as frozen yogurt, flavored yogurt, and fresh or canned fruit are nutritious, easy-to-prepare desserts. Desserts made from lower-fat recipes such as the *Chocolate Mint Pie* and *Peach Crisp* can contribute to nutrient intake, while satisfying a "sweet tooth."

Table 7B lists numbers of servings of each food group and subgroup in each day's menu and the average number of food group servings per day over the 5 days. The table also lists each menu's content of calories, fat, saturated fat, cholesterol, sodium, and dietary fiber—nutrients and food components that have been targeted for attention by the Dietary Guidelines for Americans.

Note that the numbers of food group servings vary somewhat from day to day but over the 5 days average out to the proportions suggested by the Pyramid. Levels of fat, saturated fat, cholesterol, and sodium also vary from day to day but can balance out over a period of several days. For example, cholesterol level is higher on day 2 when a portion of an egg is included in the *Breakfast Pita*; but cholesterol averages well under 300 mg/day over the 5 days' menus. Using lowfat salad dressings and no-salt-added canned products, and paying attention to the amounts of salt, margarine, and oil used in preparing foods (see section V on recipes) and at the table, also help keep fat and sodium levels moderate.

The menus provide generous amounts of dietary fiber, in part because they include an average of one (1/2 cup) serving of dry beans or peas per day. The menus and recipes are intended to encourage greater consumption of legumes by illustrating their use in a variety of dishes. The Pyramid suggests including legumes several times a week. These foods are typically consumed less than once a week by most Americans.

Table 8 lists the nutrients in 5 days' menus at each calorie level and compares the averages to the RDAs for selected age/sex groups. Nutrient levels in the menus vary from day to day, but the averages over several days' menus approach the levels expected from analysis of food guide patterns during development of the guide. (See Resource List, section 8, page 47.)

- The 1,600 calorie menus meet the nutrient needs of most children but fall short of 100 percent of the RDAs for women ages 25-50 for vitamin E and zinc. Increasing the amount of food eaten to the 2,200 calorie pattern meets the woman's RDAs for these nutrients. Regular physical activity should help sedentary women eat more food (and get more nutrients) without gaining unwanted weight as well as promote strength and fitness.

  The vitamin E falls short in the 1,600 calorie menus in part because the fat included in the menus is significantly less than 30 percent of calories in order to control calorie content of the menus. Dietary fats, especially vegetable oils, are major sources of vitamin E.

- On average, the 2,200 calorie menus meet most of the RDAs for teenage girls and pregnant women. However, the example menus average less than 3 servings from the milk group per day. To consistently meet the higher RDA for calcium for teens, young adults, and pregnant or breastfeeding women, the Food Guide Pyramid recommends including 3 servings of milk, yogurt, or cheese daily.

- The 2,200 calorie menus also generally meet the RDAs for men over the age of 25. Active men will require more calories and may find the 2,800 calorie menus more appropriate.

- The 2,800 calorie menus meet the RDAs for teenage boys and men. These menus average 3 servings of milk products per day and so easily meet the higher recommendation for calcium for teens.

Some technical issues encountered in planning the menus

In translating the food patterns in table 2 to menus with specific foods and recipe items, several issues arise that are illustrated in table 8:

- In planning menus with the 1,600 calorie pattern, it was necessary to cut fat to considerably less than 30 percent of calories to keep total calories to around 1,600 (1,650 or less).

  It is difficult to plan menus that provide *precisely* the minimum numbers of food group servings with no additional partial servings. The extra partial servings provide calories and carbohydrate. To control calories, the 1,600 calorie menus must use skim milk, low-calorie salad dressings, and little margarine, and thus they average much less than 30 percent of calories from fat. The extra partial food group servings had less effect when planning menus at 2,200 or 2,800 calories; higher fat dairy products (2 percent milk), regular salad dressings, and margarine could be included more liberally without exceeding target levels for calories or fat.

- The 2,800 calorie menus exceed target levels of **sodium** (2,400 mg/day) and **cholesterol** (300 mg/day).

  In planning menus at higher calorie levels, especially the 2,800 calorie level, it is difficult to keep sodium to the target level of less than 2,400 mg/day. The 2,800 calorie pattern calls for 11 servings of grain products. Regular breads and cereals as purchased typically provide 150 mg or more of sodium per serving. Most grain-based mixed dishes provide considerable sodium, even if home-prepared. The 2,800 calorie menus in this publication assume that no salt is added in preparing cooked cereals, noodles, and rice (unless specified in the provided recipe), that some special no-salt-added products are used, and that no salt is added at the table. Nevertheless, as shown in table 8, average sodium levels exceed the target level. For the 1,600 calorie menus, sodium levels average less than 2,400 mg/day because of the smaller amount of food included.

  Cholesterol can be difficult to keep below an average of 300 mg/day in higher-calorie menus because many grain products are made with egg. Thus, it may be necessary to restrict the use of visible eggs more in high-calorie menus than in lower-calorie ones. In addition, because higher-calorie menus can contain more fat (that is, the quantity of fat included can be larger and still represent less than 30 percent of calories), cholesterol can add up from additional table fats (if butter is used) and from more liberal use of higher-fat dairy products such as cheese and ice cream.

  While moderation in sodium and cholesterol is a good idea for everyone, it is important to recognize that at high calorie levels special efforts will be required to stay within the recommended limits for these components.

Recipes That Contribute to Food Group Servings

5

Criteria for Selecting the Recipes

The 23 recipes developed for the menus were selected to illustrate the principles of counting food group servings in mixed dishes and other recipe items and food preparation methods that follow the Dietary Guidelines for Americans.

The recipes illustrate main dishes including chicken, beef, pork, fish, or legumes; side dishes of grains or vegetables; salads; soup; and desserts. All the major food groups are represented. Special efforts were made to include items from food subgroups such as dry beans and peas, targeted by the food guide for greater consumption than currently typical in U.S. diets.

Other criteria were also important in selecting recipe items. We chose popular types of entrees. Recipes had to use readily available, moderately priced ingredients, and be relatively easy to prepare, cook, and store. Procedures had to follow food safety guidelines. Of course, taste and appearance of the product were primary concerns. All recipes were taste-tested and approved by a trained panel.

The 23 recipes are summarized in table 4. The food group servings, fat, and calories per portion for each recipe are provided. In this table, values for fat are rounded to the nearest gram; calories, to the nearest whole number.

The individual recipes are in appendix 2. Each recipe lists nutrient data per serving for calories (rounded to the nearest 5), fat (rounded to the nearest gram), saturated fat (rounded to the nearest gram), cholesterol (rounded to the nearest milligram), and sodium (rounded to the nearest 5 milligrams). Each recipe also lists the food group servings per portion. Table A-3 provides complete nutrient data per portion for each recipe.

Suggestions for Using the Recipes in Menu Planning

The recipes can help menu planners think creatively about ways to increase consumption of nutritious foods from the food groups, especially those that are often underconsumed by Americans. Here are some points to consider, by food group:

■ BREAD, CEREAL, RICE, AND PASTA

While there are many, many products to choose from, most people eat less than the minimum of 6 servings per day. The Food Guide Pyramid also encourages greater use of whole-grain products. The *Whole-Wheat Cornmeal Muffins* and the *Whole-Wheat Pancakes* illustrate some whole-grain products. *Rice-Pasta Pilaf* illustrates use of a grain mixture as an attractive side-dish and provides part of a vegetable serving as well. Recipes for *Chocolate Mint Pie, Peach Crisp,* and *Lemon Pound Cake* show that desserts can contribute to grain servings, too.

■ VEGETABLES

Although most people report having some vegetable each day, much of the vegetables consumed are potatoes, especially french fries. The Food Guide Pyramid encourages consumption of a variety of different vegetables, with special emphasis on dark-green leafy vegetables and cooked dry beans and peas, and urges preparation in lower-fat ways. The *Corn and Zucchini Combo,* the *Spinach-Orange Salad,* and *Confetti Coleslaw* illustrate use of vegetables in attractive lower-fat ways. Other recipes—*Chili-Baked Potato, Pork Vegetable Stirfry, Creole Fish Fillet*—suggest ways to increase use of vegetables as part of main dishes. In some recipes vegetables add flavor or serve as extenders to make larger portions—the *Breakfast Pita Sandwich* or *Tuna Sprouts Sandwich.* Fresh vegetables add crunch to the *Turkey Pasta Salad.* Versatile legumes can count as vegetables or as meat alternates, as in *Split Pea Soup* or *Lentil Stroganoff.*

■ FRUIT

Fruit is particularly underconsumed by Americans. In recent USDA food consumption surveys, only a little over half the adults reported having fruit or fruit juice on any given day. Even fewer low-income people reported any fruit. The recipes included here illustrate use of fruit in a variety of ways. The *Blueberry Sauce* makes a tasty, nutritious substitute for syrup; fruit can flavor and enhance meat in a main dish, as in the *Apricot-Glazed Chicken.* It can be a colorful part of a main-dish salad, as in the *Turkey Pasta Salad,* or in the *Spinach-Orange Salad.* It also makes a great lowfat dessert, as in the *Strawberry-Yogurt Parfait* or *Peach Crisp.* The menus also include a variety of whole fruits, fruit juices, and canned fruit as part of meals and snacks.

■ MILK, YOGURT, AND CHEESE

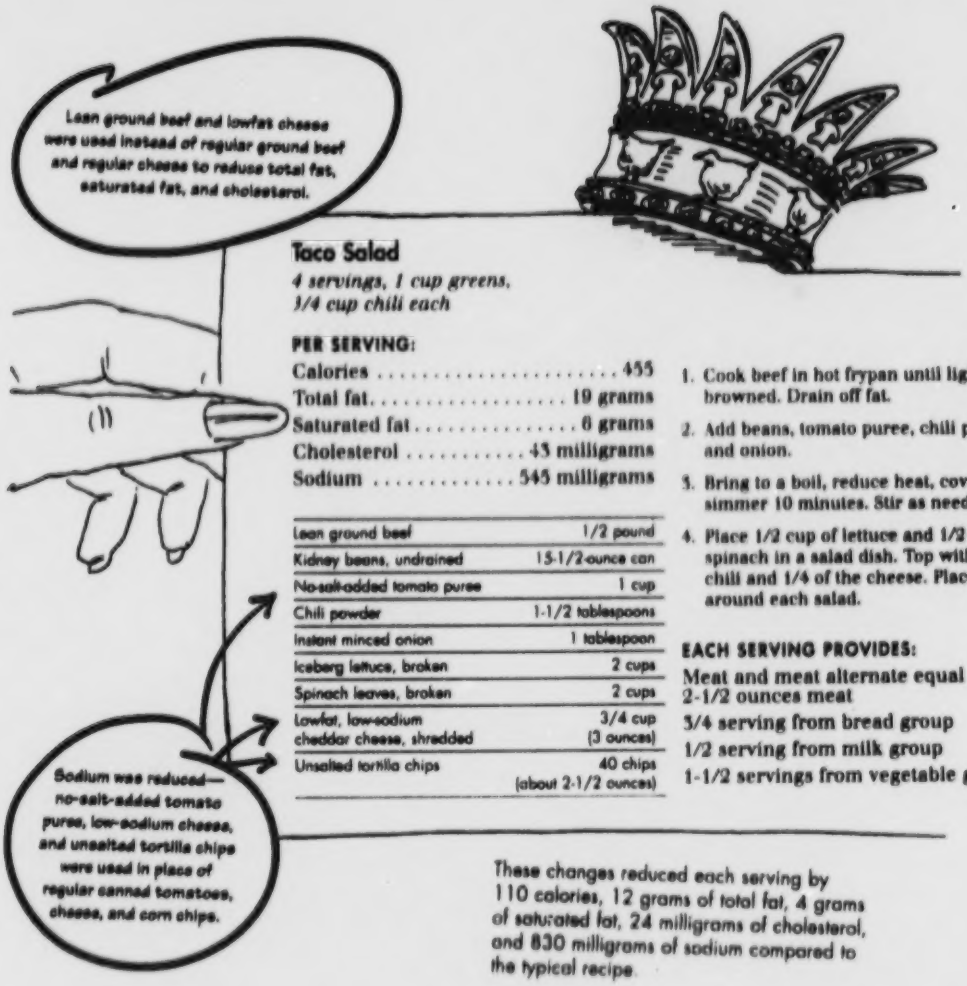
Milk products are often underconsumed by adults, especially fluid milk. The menus show use of a variety of milk products in addition to fluid milk that contribute to servings from this group: cheese, ice milk, yogurt, frozen yogurt. Recipes for *Strawberry-Yogurt Parfait* and *Chocolate Mint Pie* illustrate use in attractive lowfat desserts.

■ MEAT, POULTRY, FISH, AND ALTERNATES

The main dish and sandwich recipes illustrate use of a variety of meats and alternates. The recipes use lean meats and lowfat preparation techniques and herbs and spices for flavoring to reduce sodium. Servings of meats, poultry, or

FIGURE 2 MODIFYING YOUR RECIPES

The recipe below shows simple adjustments that were made in a typical Taco Salad to lower fat, cholesterol, and sodium.


Lean ground beef and lowfat cheese were used instead of regular ground beef and regular cheese to reduce total fat, saturated fat, and cholesterol.
Sodium was reduced—no-salt-added tomato puree, low-sodium cheese, and unsalted tortilla chips were used in place of regular canned tomatoes, cheese, and corn chips.

Taco Salad

4 servings, 1 cup greens, 3/4 cup chili each

PER SERVING:

Calories	455
Total fat	19 grams
Saturated fat	6 grams
Cholesterol	45 milligrams
Sodium	545 milligrams

Lean ground beef	1/2 pound
Kidney beans, undrained	15-1/2-ounce can
No-salt-added tomato puree	1 cup
Chili powder	1-1/2 tablespoons
Instant minced onion	1 tablespoon
Iceberg lettuce, broken	2 cups
Spinach leaves, broken	2 cups
Lowfat, low-sodium cheddar cheese, shredded	3/4 cup (3 ounces)
Unsalted tortilla chips	40 chips (about 2-1/2 ounces)

1. Cook beef in hot frypan until lightly browned. Drain off fat.
2. Add beans, tomato puree, chili powder, and onion.
3. Bring to a boil, reduce heat, cover, and simmer 10 minutes. Stir as needed.
4. Place 1/2 cup of lettuce and 1/2 cup of spinach in a salad dish. Top with 3/4 cup chili and 1/4 of the cheese. Place 10 chips around each salad.

EACH SERVING PROVIDES:

Meat and meat alternate equal to 2-1/2 ounces meat
3/4 serving from bread group
1/2 serving from milk group
1-1/2 servings from vegetable group

These changes reduced each serving by 110 calories, 12 grams of total fat, 4 grams of saturated fat, 24 milligrams of cholesterol, and 830 milligrams of sodium compared to the typical recipe.

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HINTS FOR REDUCING FAT, SATURATED FAT, CHOLESTEROL, SUGAR, AND SODIUM IN BAKING	
For...	**Use...**
whole egg	2 egg whites
whole milk	skim or lowfat milk
sugar	1/2 cup of sugar per cup of flour in cakes 1 tablespoon of sugar per cup of flour in yeast breads **HINT:** when reducing sugar, add more flavoring, such as vanilla
baking chocolate, 1 oz.	3 tablespoons of cocoa (if fat is needed, use 1 tablespoon or less of oil)
fat	minimum for muffins and quick breads is 1 to 2 tablespoons of fat per cup of flour minimum for cakes is 2 tablespoons of fat per cup of flour **HINT:** soft drop cookies generally contain less fat than rolled cookies
sodium	1/4 teaspoon of salt per cup of flour in yeast breads; half the amount of salt called for in other baked products 1-1/4 teaspoons of baking powder per cup of flour in muffins, biscuits, waffles 1 teaspoon of baking powder per cup of flour in cakes
sour cream	lowfat sour cream or yogurt
butter	margarine or vegetable oil (total fat will be the same, but saturated fat and cholesterol will be reduced)

fish average 3 ounces in main dish recipes; addition of vegetables and grains make larger, more satisfying portions. The lentils in *Lentil Stroganoff* provide meat equivalents for a meatless main dish.

Modifying Recipes to Reduce Fat, Sugar, and Sodium

Favorite recipes can be modified to reduce fat, sugars, and sodium and still remain tasty. The fat savings can add up quickly (fig. 2). The above chart summarizes some suggestions for reducing fat, saturated fat, cholesterol, sugars, and sodium in baking.

Many food companies, cookbooks, and food magazine articles are featuring new suggestions for reducing fat in baked products by substituting ingredients such as applesauce, fruit purees, or yogurt for all or part of the fat. Although the modified baked product may have some differences in texture and keeping quality, it can be tasty and acceptable.

Food Shopping Tips

6

Healthful eating doesn't mean giving up favorite recipes or spending more on food. It does require some planning so that food choices are balanced. When making a shopping list, consider:

- the amount of storage space available
- the shelf life of staples such as crackers, flours, and cereals
- size of packages—buying the larger size will not be cost effective if the food item can't be used before it becomes stale or rancid (see the box on food storage and food safety, page 42).

A list of staples and shopping lists needed to prepare the menus and recipes featured in this publication are in appendix 4. The staples in the pantry, refrigerator, and freezer are basic food items or ingredients that allow reasonably priced, healthful meals and snacks to be prepared without making last minute trips to the store. Amounts of foods or ingredients to purchase have not been listed because household size varies and the specific amounts of food needed will depend on age, sex, and activity level of family members. (Menus for three calorie levels are included in this publication.)

Food items on the shopping lists are grouped by food group. Seasonal fruits such as fresh strawberries and melons have been included on the menus to show a variety of fruits. Substitutes may be needed for foods that are not readily available or reasonably priced. The roast beef and turkey breast used in the sandwiches were considered to be left over from previous meals. These can be purchased as deli-sliced meats if not on hand.

MORE MENU PLANNING TIPS

Consider time commitments and cooking skills:

- If there is little time to prepare food during the week, do batch cooking on the weekends and freeze for use later. Consider roasting a beef roast or turkey on the weekend. Both of these items require little attention while cooking, and they can be used for sandwiches or in other dishes later in the week.
- Make one-pot meals such as stews or hearty soups. These reduce the number of pots and pans that have to be washed.
- Packaged fresh precut vegetables or vegetables from the salad bar are convenient and may be more cost-effective than buying lots of salad vegetables that would take several days to eat.

For economy as well as good nutrition, build main dishes around pasta or grains such as rice, bulgur, or couscous, with moderate amounts of meat, poultry, fish, or meat alternates.

- One pound of raw, boneless, lean meat or poultry will usually yield about four 3-ounce servings when cooked. (See table A-1 for additional guidelines on yields of various foods.)
- For a hearty, low cost main dish, try using cooked dry beans, peas, or lentils. See the recipes for *Split Pea Soup* and *Lentil Stroganoff* in Appendix 2.

Fig bars were listed with the staples to keep in a pantry because they are examples of lower-fat store-bought cookies.

Appendix 4 also includes an index that lists all the foods in the 5 days' menus by food group, with reference to where they are used in the menus or recipes. The index can be used for ideas for foods to include when planning menus.

Tips on Using Food Label Information

New food labeling regulations require food companies to provide nutrition and ingredient information on almost all packaged foods. Nutrition information on fresh fruits and vegetables will be provided at point of purchase. Other materials listed in the resource section of this publication provide more information on using the new nutrition label.

For the purpose of using the food guide to plan menus, three key areas of the label deserve attention:

- **INGREDIENT LIST:** Ingredients in a product are listed by weight, from most to least.
  - — This list can help identify the food group to which the item belongs, if not already obvious.
    For example, a prepared tapioca pudding listing "INGREDIENTS: Non-fat milk, water, sugar,..." would be grouped with Milk, Yogurt, Cheese.
  - — This list will also help identify the major foods and their relative amounts in a mixed dish.
    For example, a "beef stew" with "INGREDIENTS: Gravy, carrots, beef,..." would have less meat than a "beef stew" with "INGREDIENTS: Beef, carrots, gravy,..."
- **SERVING SIZE:** The serving size is listed in the Nutrition Facts panel of the package label. It may not be the same as the serving size for the food group in the Food Guide Pyramid, but it must be listed in a household measure so it can be readily converted to food guide servings.

  For example, the "Serving Size" listed on a bottle of vegetable juice is 1 cup (8 fl. oz.), the reference serving amount for all beverages specified in food label regulations. In the Food Guide Pyramid, 3/4 cup (6 fl. oz.) counts as a serving. So the serving listed on the vegetable juice label is equal to 1-1/3 servings from the Food Guide Pyramid.
- **CALORIES, FAT (GRAMS), SATURATED FAT (GRAMS), SODIUM (MILLIGRAMS):** These are listed in the Nutrition Facts panel. The values represent amounts of these components in the serving size listed on the label. Remember, the portion an individual eats may be more or less than the serving size on the label. If so, these values must be adjusted accordingly.

  For example, 1 serving (1 cup) of vegetable juice provides 885 mg of sodium, as listed in the Nutrition Facts panel on the label. Thus a 3/4-cup portion of this vegetable juice would provide 664 mg of sodium.

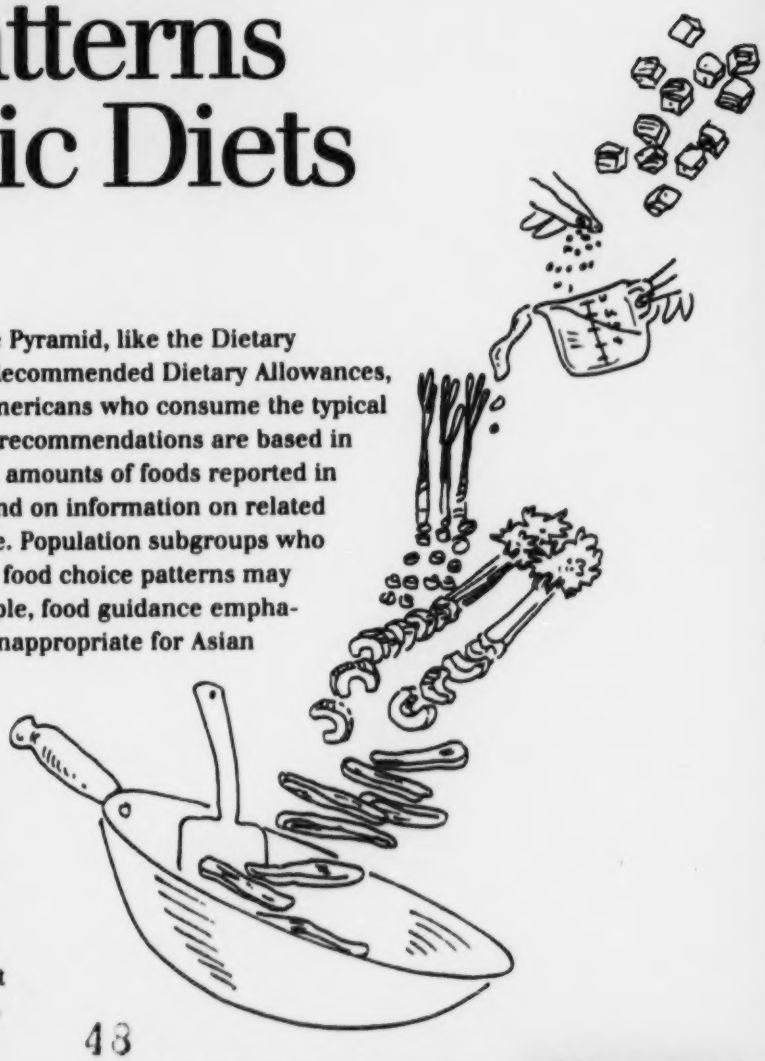
FOOD STORAGE AND FOOD SAFETY

Proper storage of staples and perishable food items will help retain their nutritional quality and prevent food-borne illness. Here are a few storage and food safety tips:

- Store canned foods in a cool place away from sun light, below 70° F but above freezing.
- Rotate foods in the pantry or refrigerator to ensure that the older foods are used first.
- Store staples such as flour, cornmeal, sugar, and cereal in airtight containers to prevent bug infestation. Store whole-grain flours at room temperature for a short time; refrigerate or freeze for longer storage.
- Store frozen foods in airtight containers in a freezer kept at or below 0° F. See freezer manufacturer's food storage guide for length of time to freeze various foods.
- Keep refrigerator temperature at or below 40° F for safe storage of foods.
- The U.S. Department of Agriculture's 1994 safe handling instructions for meat and poultry are:
  - —Keep refrigerated or frozen. Thaw in a refrigerator or use a microwave oven to defrost.
  - —Keep raw meat and poultry away from other foods. Wash working surfaces including cutting boards, utensils, and hands after touching raw meat or poultry.
  - —Cook thoroughly or until the center of the meat is no longer pink and the juices in the cooked meat run clear.
  - —Keep hot foods hot. Refrigerate leftovers immediately or discard.

7

Suggestions for Using the Food Guide Pyramid With People Who Have Different Eating Patterns and Ethnic Diets



Recommendations in the Food Guide Pyramid, like the Dietary Guidelines for Americans and the Recommended Dietary Allowances, are most appropriate for healthy Americans who consume the typical American diet. These food and nutrient recommendations are based in part on information about the kinds and amounts of foods reported in nationwide food consumption surveys and on information on related health risks in the population as a whole. Population subgroups who have different health risks and different food choice patterns may need different food guidance. For example, food guidance emphasizing reduction in fat intake would be inappropriate for Asian immigrants who already consume a lowfat diet and have low risk of heart disease.

In developing the food guide, the typical use of foods by Americans was an important factor in establishing food groups and in developing nutrient profiles for each food group. These nutrient profiles in turn affect the numbers of servings needed to meet nutrient objectives. Development of an appropri-

ate food guide for a population subgroup with distinctly different food use patterns requires data on nutrient composition, consumption, and use of foods by the target population, as well as the specific health risks to be addressed in food guidance for that population. Consumer testing is also desirable to assure that the guidance is meaningful and useful to the target audience. Nutrition educators who work closely with immigrant populations are encouraged to obtain food and health information about their audience that is needed to develop appropriate food guidance. The research process used to develop the Food Guide Pyramid may be a helpful model (see Resource List, No. 6).

To the extent that members of ethnic minorities have adopted more typical American eating patterns, the Food Guide Pyramid can serve as a useful framework for describing a healthful diet. Many children of diverse cultures attending public school will also likely learn about good nutrition using the Food Guide Pyramid. Nutrition educators can make the Pyramid as useful and relevant as possible to diverse ethnic audiences by helping them place their familiar traditional foods in the context of a healthful American diet. It is important to encourage those clients to maintain the healthy eating practices of their culture and to modify those that may be less healthy in ways that are acceptable and achievable for them.

The following are some considerations to help classify ethnic foods into the major food groups in the Food Guide Pyramid:

- What individual food(s) are the major components of the food or mixed dish to be classified?
- To what Food Guide Pyramid group(s) do the food(s) seem most related—fruit, vegetable, legume, grain products?
- In terms of nutrient content,
  - — To which food group or subgroup is the food closest in nutrient profile?
  - — For what nutrients is it a good or important source in the diet of the target population?
  - — Is the food a major source of a component such as fat or sodium that needs to be moderated in the diet of the target population?
- In terms of how the food is used in the diet of the target population:
  - — Is it used as a staple such as breads, rice, and other grain products are in U.S. diets?
  - — Does the food **replace** some staple food in the U.S. diet or is it used **in addition** to typical U.S. foods?

  For example, **plantain** is used as a starchy vegetable and staple food in the diets of some Hispanic groups. It may be better classified with starchy vegetables than with fruits (although it is related to the banana).

Breadfruit is used as a staple by some Hawaiian groups, whose diets include grain products much less frequently than typical U.S. diets. For this reason, counting breadfruit with the grain products may be more appropriate than counting it as a starchy vegetable.

- In what quantity is the food used by the target population?

  Tomato products and pickled vegetables are examples of foods that may be counted differently if customarily used in different quantities. For example, catsup and pickles are used in relatively small quantities in typical U.S. diets, and are generally considered condiments. However, some Hispanic groups (and now many "typical" Americans) use sufficient quantities of tomato salsa to count as a serving of vegetables; other groups may use pickled vegetables in sufficient quantities to count as vegetables rather than relishes or condiments.

Keep in mind that eating foods from all the major food groups is important to attain expected nutrient levels from the Food Guide Pyramid patterns. Individuals who do not eat any foods from one or more of the food groups will need special help from a nutritionist in planning adequate diets.

For example, adults who are lactose intolerant should be encouraged to consume calcium-rich dairy products such as yogurt and cheese and include small amounts of fluid milk as tolerated. Replacing milk group servings with calcium-fortified juices or supplements provides only one of the several nutrients contributed to diets by the dairy group.

People who use only beans, nuts, and seeds (meat alternates) from the meat group with no meat, poultry, or fish may need to adjust their intakes of other food groups. For example, if only beans are used as meat alternates, the carbohydrate and fiber content of resulting diets may be exceptionally high. It may be possible to reduce servings of foods from the bread group to compensate, but such changes should be evaluated for nutritional adequacy and acceptability before a revised dietary pattern is recommended.

Individuals who exclude red meats and eat only chicken or fish may need to pay special attention to getting other sources of zinc because beef is a major source of zinc in U.S. diets and in the food guide patterns.

Resource List

8

Listed below are some publications on the Dietary Guidelines, the Food Guide Pyramid, nutrient standards, and nutrient composition of foods that may be helpful to you in presenting information on planning and evaluating diets using the Food Guide Pyramid:

1. Food and Drug Administration and Food Safety and Inspection Service. 1993. An Introduction to the New Food Label. DHHS Publication No. (FDA)94-2271, Leaflet.
2. National Academy of Sciences, National Research Council, Food and Nutrition Board. 1989. Recommended Dietary Allowances, 10th ed. Washington: National Academy Press, 284 pp.
3. Saltos, E., C. Davis, S. Welsh, J. Guthrie, J. Tamaki, 1994. Using Food Labels to Follow the Dietary Guidelines for Americans. Agriculture Information Bull. No. 704, 80 pp.
4. U.S. Department of Agriculture, Agricultural Research Service. 1994. Check It Out! The Food Label, the Pyramid, and You. Home and Garden Bull. No. 266, 16 pp.
5. U.S. Department of Agriculture, Human Nutrition Information Service. 1993a. Dietary Guidelines and Your Diet. Home and Garden Bull. Nos. 253-1 to 253-8. Set.
6. U.S. Department of Agriculture, Human Nutrition Information Service. 1993b. USDA's Food Guide: Background and Development. Misc. Pub. No. 1514, 38 pp.

Resource List (continued)

7. U.S. Department of Agriculture, Human Nutrition Information Service. 1993c. Food Facts for Older Adults: Information on How to Use the Dietary Guidelines. Home and Garden Bull. No. 251, 68 pp.

8. U.S. Department of Agriculture, Human Nutrition Information Service. 1992. The Food Guide Pyramid. Home and Garden Bull. No. 252, 32 pp.

9. U.S. Department of Agriculture, Human Nutrition Information Service. 1991. Nutritive Value of Foods. Home and Garden Bull. No. 72, 72 pp.

10. U.S. Department of Agriculture, Human Nutrition Information Service. 1990. Good Sources of Nutrients. A set of 17 fact sheets on food sources of vitamins, minerals, and dietary fiber.

11. U.S. Department of Agriculture, Human Nutrition Information Service. 1989a. Eating Better When Eating Out Using the Dietary Guidelines. Home and Garden Bull. No. 232-11, 20 pp.

12. U.S. Department of Agriculture, Human Nutrition Information Service. 1989b. Making Bag Lunches, Snacks and Desserts Using the Dietary Guidelines. Home and Garden Bull. No. 232-9, 32 pp.

13. U.S. Department of Agriculture, Human Nutrition Information Service. 1989c. Preparing Foods and Planning Menus Using the Dietary Guidelines. Home and Garden Bull. No. 232-8, 32 pp.

14. U.S. Department of Agriculture, Human Nutrition Information Service. 1989d. Shopping for Food and Making Meals in Minutes Using the Dietary Guidelines. Home and Garden Bull. No. 232-10, 36 pp.

15. U.S. Department of Agriculture and U.S. Department of Health and Human Services. 1995. Nutrition and Your Health: Dietary Guidelines for Americans. Home and Garden Bull. No. 232, 43 pp.

APPENDIX 1

Suggestions for Determining the Number of Food Group Servings in Recipes

Table A-1. **Yield of Lean Boneless Cooked Meat from Raw Meat, Poultry, and Fish**

Table A-2. **Expanded List of Serving Sizes**

The following suggestions for determining the numbers of food group servings in recipes and the information in tables A-1 and A-2 are intended for nutrition educators to use in developing examples to use in teaching. While the process of analyzing a recipe can illustrate the contribution of mixed foods, the detail provided in the tables is not expected to be of interest or use to most consumers.

- Food guide servings are based on food "as eaten." That is, meats are cooked, and trimmed of fat and bone. Vegetables are rinsed, trimmed, and cooked or eaten raw as appropriate. Rice, pasta, and cereal grains such as oatmeal are cooked.
- The total number of food guide servings from a food group is divided by the number of portions of food in a recipe to determine the number of **food group servings** per portion of the recipe. For example, a recipe that contains a total of **6 vegetable group servings** and yields 4 portions would provide **1-1/2 vegetable group servings** per portion of the recipe. (6 vegetable servings/4 recipe portions = 1-1/2 vegetable group servings per recipe portion.)

- For foods served raw such as salads, the number of **food group servings** the recipe contains will be the total based on the amounts of the individual ingredients. For example, a vegetable salad containing 2 cups of lettuce leaves, 2 cups of fresh spinach leaves, and 1 medium tomato contains **5 servings from the vegetable group** (4 cups leafy raw vegetables + 1 medium tomato). If the salad contains chopped or finely shredded vegetables, each 1/2 cup of chopped or shredded vegetable counts as **1 vegetable group serving**.

- For cooked foods, the amount of cooked edible food is the basis for determining how many **servings of a food group** a recipe provides. For example, the volume or number of cups of a **cooked** vegetable combination is used to determine the number of **vegetable group servings** rather than the volume or number of cups of raw vegetables going into the combination; the number of ounces of meat to count is the number of ounces remaining after cooking. For example, beef pot pie contains foods from **the vegetable group, the meat, poultry, fish group, and the bread group.** A 1-cup portion of the recipe contains: 1/2 cup total of cooked potatoes, carrots, and onions = **1 serving from the vegetable group**; 2 ounces of cooked beef = **2 ounces from the meat group**; and 1 small biscuit = **1 serving from the bread group.**

- Table A-1 provides the approximate ounces of cooked meat, poultry, or fish obtained from meat, poultry, or fish in the raw form. Use this table to determine the **number of ounces from the meat, poultry, fish group** a recipe provides. For example, a recipe using 1-1/2 pounds (24 ounces) of raw ground turkey would contain **16-1/2 ounces of cooked poultry.** In the beef pot pie in the previous example, the amount of raw beef yielding 2 ounces after cooking would be 3 ounces.

- Table A-2 provides an expanded list of **"What Counts as a Serving."** Use this table to help determine how many **food group servings** a recipe provides.

Keep in mind that some of the foods listed contain added fat and/or sugar. The fat and sugar contribute to total fat and sugar intakes when these foods are eaten. For example, **in the bread, cereal, rice and pasta group,** a serving of bread (1 slice) is very low in fat and sugar whereas servings of cake (1/16 of 8" 2-layer cake) or cookies (4 medium) contain about the same vitamins and minerals but a lot more fat and sugar. In the **milk, cheese, and yogurt group,** a cup of skim milk is low in fat and sugar; 1-1/2 cups of ice cream provides the same amount of calcium but also much more fat and sugar.

TABLE A-1. YIELD OF LEAN BONELESS COOKED MEAT FROM RAW MEAT, POULTRY, AND FISH

Cut or piece	Approximate ounces of cooked weight from 1 pound RAW
Ground meat and poultry	11
Boneless lean meat cuts, such as beef round and pork fresh ham and sirloin	10
Boneless meat cuts with more fat, such as beef rib and pork loin	9-1/2
Bone-in meat roasts, chops, and steaks including beef chuck, rib, and t-bone and pork fresh ham and loin	7
Whole chicken	5-1/2
Meaty chicken pieces with bone (e.g. breast)	7
Bony chicken pieces with bone (e.g. wing)	4
Boneless chicken pieces	9
Whole turkey	8
Turkey breast or leg	9
Turkey wings or back	5-1/2
Boneless turkey pieces or roasts	10-1/2
Fish fillets or steaks (boneless)	12-1/2

TABLE A-2 EXPANDED LIST OF SERVING SIZES

Food Group	What Counts as a Serving (includes additional items)
BREAD, CEREAL, RICE AND PASTA	**GENERALLY:** 1 slice of bread 1/2 hamburger or hot dog bun 1/2 english muffin or bagel 1 small roll, biscuit, or muffin (about 1 ounce each) 1/2 cup cooked cereal 1 ounce ready-to-eat cereal 1/2 cup cooked pasta or rice 5 to 6 small crackers (saltine size) 2 to 3 large crackers (graham cracker square size)
	SPECIFICALLY: 4-inch pita bread 3 medium hard bread sticks, about 4-3/4 inches long 9 animal crackers 1/4 cup uncooked rolled oats 2 tablespoons uncooked grits or cream of wheat cereal 1 oz uncooked pasta (1/4 cup macaroni or 3/4 cup noodles) 3 tablespoons uncooked rice 1 7-inch flour or corn tortilla 2 taco shells, corn 1 4-inch pancake 9 3-ring pretzels or 2 pretzel rods 1/16 of 2-layer cake 1/5 of 10-inch angel food cake 1/10 of 8-inch, 2-crust pie 4 small cookies 1/2 medium doughnut 1/2 large croissant 3 rice or popcorn cakes 2 cups popcorn 12 tortilla chips
FRUITS	**GENERALLY:** a whole fruit (medium apple, banana, peach, or orange, or a small pear) grapefruit half melon wedge (1/4 of a medium cantaloup or 1/8 of a medium honeydew) 3/4 cup juice (100% juice) 1/2 cup berries, cherries, or grapes 1/2 cup cut-up fresh fruit 1/2 cup cooked or canned fruit 1/2 cup frozen fruit 1/4 cup dried fruit
	SPECIFICALLY: 5 large strawberries 7 medium strawberries 50 blueberries 30 raspberries 11 cherries 12 grapes 1-1/2 medium plums 2 medium apricots 1 medium avocado 7 melon balls 1/2 cup fruit salad, such as waldorf

TABLE A-2 EXPANDED LIST OF SERVING SIZES (CONTINUED)

Food Group	What Counts as a Serving (includes additional items)
FRUITS (CONTINUED)	1/2 medium mango 1/4 medium papaya 1 large kiwifruit 4 canned apricot halves with liquid 14 canned cherries with liquid 1-1/2 canned peach halves with liquid 2 canned pear halves with liquid 2-1/2 canned pineapple slices with liquid 3 canned plums with liquid 9 dried apricot halves 5 prunes
VEGETABLES	**GENERALLY:** 1/2 cup cooked vegetables 1/2 cup chopped raw vegetables 1 cup leafy raw vegetables, such as lettuce or spinach 1/2 cup tomato or spaghetti sauce 1/4 cup tomato paste 1/2 cup cooked dry beans (if not counted as a meat alternate)
	SPECIFICALLY: 3/4 cup vegetable juice 1 cup bean soup 1 cup vegetable soup
	Raw vegetables: 1 medium tomato or 5 cherry tomatoes 7 to 8 carrot or celery sticks 3 broccoli florets 1/3 medium cucumber 10 medium whole young green onions 8 green or red pepper rings 13 medium radishes 9 snow or sugar peas 6 slices summer squash (yellow or zucchini) 1 cup mixed green salad 1/2 cup cole slaw or potato salad
	Cooked vegetables: 2 spears broccoli 1-1/2 whole carrots 1 medium whole green or red pepper 1/3 summer squash (yellow and zucchini) 1 globe artichoke 6 asparagus spears 2 whole beets, about 2 inches in diameter 4 medium brussels sprouts 2 medium stalks of celery 1 medium ear of corn 7 medium mushrooms 8 okra pods 1 medium whole onion or 6 pearl onions 1 medium whole turnip 10 french fries 1 baked potato, medium 3/4 cup sweet potato

TABLE A-2 EXPANDED LIST OF SERVING SIZES (CONTINUED)

Food Group	What Counts as a Serving (Includes additional items)
MEAT, POULTRY, FISH, EGGS, DRY BEANS, AND NUTS	**GENERALLY:** 2–3 ounces cooked lean meat without bone (See table A-1) 2–3 ounces cooked poultry without skin or bone (See table A-1) 2–3 ounces cooked fish without bone (See table A-1) 2–3 ounces drained canned fish
	Meat alternates (count as *1 ounce*, about 1/3 serving): 1 egg (yolk and white) 1/2 cup cooked dry beans (if not counted as a vegetable) 2 tablespoons peanut butter 1/4 cup seeds 1/3 cup nuts, such as walnuts, pecans, or peanuts 1/2 cup baked beans 1/2 cup tofu
	Meat/fish products (count as *1 ounce*, about 1/3 serving): 1 ounce lean ham or canadian bacon 1-1/2 frankfurters (10 per pound) 1 frankfurter (8 per pound) 2 ounces bologna (2 slices) 3 slices dry or hard salami 2 ounces liverwurst (2 large slices) 3 pork sausage links 5 canned vienna sausages 1/2 can meat spread (5.5 ounce can) 1/4 cup drained canned salmon or tuna 1/3 cup drained canned clams or crab meat 13 frozen fried breaded clams 4 pacific oysters or 11 atlantic oysters 4 medium fried breaded shrimp 1/4 cup drained canned lobster or shrimp
MILK, CHEESE, AND YOGURT	**GENERALLY:** 1 cup milk (skim, lowfat, and whole) 1 cup yogurt (all kinds) 1-1/2 ounces natural cheese 2 ounces process cheese
	SPECIFICALLY: 2 cups cottage cheese 1/2 cup ricotta cheese 1 cup frozen yogurt 1-1/2 cups ice cream

Twenty-Three Recipes

APPENDIX 2

Table A-3. Nutrients in Recipe Items

Recipes

MAIN DISHES
Savory Sirloin
Creole Fish Fillets
Apricot-Glazed Chicken
Pork and Vegetable Stirfry
Lentil Stroganoff
Taco Salad
Chili-Stuffed Baked Potato
Breakfast Pita
Tuna and Sprouts Sandwich
Turkey Pasta Salad
Turkey Patties
Split Pea Soup

VEGETABLES
Corn and Zucchini Combo
Spinach-Orange Salad
Confetti Coleslaw

BREADS AND GRAINS
Whole-Wheat Cornmeal Muffins
Whole-Wheat Pancakes
Rice-Pasta Pilaf

DESSERTS
Lemon Pound Cake
Peach Crisp
Chocolate Mint Pie
Yogurt-Strawberry Parfait

MISCELLANEOUS
Blueberry Sauce

Recipe Index by Day

DAY 1
Split Pea Soup
Tuna and Sprouts Sandwich
Chocolate Mint Pie
Savory Sirloin
Corn and Zucchini Combo
Yogurt-Strawberry Parfait

DAY 2
Breakfast Pita
Turkey Pasta Salad
Creole Fish Fillets
Whole-Wheat Cornmeal Muffin
Peach Crisp

DAY 3
Taco Salad
Pork and Vegetable Stirfry

DAY 4
Confetti Coleslaw
Lentil Stroganoff
Lemon Pound Cake

DAY 5
Blueberry Sauce
Whole-Wheat Pancakes
Turkey Patties
Chili-Stuffed Baked Potato
Spinach-Orange Salad
Apricot-Glazed Chicken
Rice-Pasta Pilaf

Savory Sirloin

4 servings, about 3 ounces meat each

PER SERVING:

Calories 130
Total fat ..... 5 grams
Saturated fat ..... 2 grams
Cholesterol ..... 52 milligrams
Sodium ..... 155 milligrams

Boneless sirloin steak, lean	1 pound
Garlic, minced	1 clove
Rosemary, crushed	1/4 teaspoon
Thyme leaves	1/4 teaspoon
Margarine	1 teaspoon
Plain lowfat yogurt	1 tablespoon
Prepared mustard	1 tablespoon
Worcestershire sauce	1 tablespoon
Parsley, chopped	1 tablespoon

1. Trim fat from meat.
2. Combine garlic and spices. Sprinkle over meat.
3. Melt margarine in a nonstick frypan. Add meat and cook over medium heat 6 minutes on each side, or to desired doneness.
4. Place meat on serving platter and keep warm.
5. Combine yogurt, mustard, and worcestershire sauce in a small microwave safe bowl. Cover and microwave on high power for one minute. Spread mixture over warm meat.
6. Garnish with parsley.
7. To serve, slice meat on diagonal into thin slices.

Note: Sauce may also be heated in a small saucepan over low heat; stir constantly until warm.

EACH SERVING PROVIDES:

3 ounces from meat group

Creole Fish Fillets

4 servings, 3 ounces fish and 1/2 cup sauce each

PER SERVING:

Calories 130
Total fat ..... 1 gram
Saturated fat ..... Trace
Cholesterol ..... 49 milligrams
Sodium ..... 155 milligrams

No-salt-added tomatoes, cut-up	16-ounce can
Celery, chopped	1/2 cup
Onion, chopped	1/2 cup
Green pepper, chopped	1/4 cup
Garlic, minced	1 clove
Bay leaf	1
Thyme leaves	1/2 teaspoon
Red pepper flakes	1/4 teaspoon
Salt	1/8 teaspoon
Fresh cod fillets	1 pound

1. Preheat oven to 400° F.
2. Combine all ingredients, except fillets, in a saucepan. Bring to a boil. Cover; reduce heat, and simmer 25 minutes, stirring occasionally. Remove bay leaf.
3. Place fillets in a baking dish. Bake, uncovered, for 15 minutes or until fish flakes easily when tested with a fork.
4. Pour sauce over fish and serve.

EACH SERVING PROVIDES:

3 ounces from meat group
1 serving from vegetable group

Apricot-Glazed Chicken

4 servings, about 3 ounces chicken each

PER SERVING:

Calories 210
Total fat ..... 2 grams
Saturated fat ..... Trace
Cholesterol ..... 68 milligrams
Sodium ..... 155 milligrams

Lemon juice	2 tablespoons
Garlic, minced	1 clove
Pepper	1/4 teaspoon
Boneless skinless chicken breast halves	4
Orange juice	3/4 cup
Dried apricots	12 halves
Vinegar	1 tablespoon
Brown sugar, packed	1 teaspoon
Prepared mustard	1 teaspoon
Ground ginger	1/4 teaspoon
Salt	1/8 teaspoon
Raisins	1/4 cup

1. Preheat oven to 400° F.
2. Combine lemon juice, garlic, and pepper. Brush chicken with the mixture.
3. Arrange chicken on a rack in a baking dish. Cover and bake 45 minutes.
4. Combine orange juice and apricots in a small saucepan. Simmer, uncovered for 10 minutes until apricots are tender. Stir in vinegar, sugar, mustard, ginger, and salt. Simmer 2 minutes longer. Remove from heat and pour into blender jar. Puree apricots about 15 seconds. Add raisins.
5. Spread half of the glaze on one side of the chicken; bake 3 minutes longer. Turn chicken and spread with remaining glaze. Return to oven for 3 more minutes or until chicken is tender.

EACH SERVING PROVIDES:

3 ounces from meat group
1/2 serving from fruit group

Pork and Vegetable Stirfry

4 servings, 1 cup meat mixture, 1/4 cup sauce and 3/4 cup rice each

PER SERVING:

Calories 370
Total fat ..... 9 grams
Saturated fat ..... 3 grams
Cholesterol ..... 69 milligrams
Sodium ..... 240 milligrams

Boneless pork loin, lean	1 pound
Tarragon leaves	1/2 teaspoon
Pepper	1/4 teaspoon
Garlic powder	1/4 teaspoon
Salt	1/4 teaspoon
Cornstarch	2 teaspoons
Water	1 cup
Lemon juice	1/4 cup
Carrots, sliced	1 cup
Fresh mushrooms, sliced	1 cup
Celery, sliced	1 cup
Onions, chopped	1/2 cup
Rice, cooked	3 cups

1. Partially freeze meat. Trim fat and slice meat across the grain into 1/4-inch thick slices.
2. Combine seasonings. Sprinkle mixture over meat.
3. Combine cornstarch, water, and lemon juice. Set aside.
4. Heat nonstick frypan. Add meat and stirfry until brown, about 5 minutes. Drain meat, remove to another container, and cover to keep warm.
5. In same frypan, stirfry carrots 5 minutes or until tender-crisp. Add remaining vegetables and stirfry 2 minutes. Add meat, and cornstarch mixture. Bring to a boil. Cook, stirring constantly, until thickened.
6. Serve over rice.

EACH SERVING PROVIDES:

3 ounces from meat group
1 serving from vegetable group
1-1/2 servings from bread group

Lentil Stroganoff

4 servings, 1-1/2 cups stroganoff and 3/4 cup noodles each

PER SERVING:

Calories 520
Total fat ..... 5 grams
Saturated fat ..... 1 gram
Cholesterol ..... 48 milligrams
Sodium ..... 340 milligrams

Lentils, dry	1-1/2 cups
Water	4-1/2 cups
Salt	1/4 teaspoon
Vegetable oil	1 teaspoon
Fresh mushrooms, sliced	1-1/2 cups
Red or green pepper, cut in strips	1 cup
Onion, chopped	1/2 cup
Flour	3 tablespoons
Dry mustard	2 teaspoons
Black pepper	1/4 teaspoon
Plain lowfat yogurt	8-ounce container
Egg noodles, cooked	3 cups
Green onion, sliced	2 tablespoons

1. Combine lentils, water, and salt in a large saucepan. Bring to a boil; cover, reduce heat, and cook until lentils are tender, about 30 minutes. Drain; set lentils aside and keep warm. Save liquid; add water to make 1-1/2 cups.
2. Heat oil in a large frypan. Add mushrooms, peppers, and onion. Cook until vegetables are just tender.
3. Mix flour and seasonings. Stir evenly into vegetable mixture. Add saved liquid, stirring constantly; cook over medium heat until mixture is smooth and thickened.
4. Add lentils; mix well. Heat to serving temperature.
5. Just before serving stir in yogurt.
6. Cook noodles according to package directions.
7. Serve stroganoff over noodles. Garnish with green onion slices.

EACH SERVING PROVIDES:

Meat alternate equal to 2 ounces from meat group
1-1/2 servings from bread group
1-1/4 servings from vegetable group
1/4 serving from milk group

Taco Salad

4 servings, 1 cup greens, 3/4 cup chili each

PER SERVING:

Calories 455
Total fat ..... 19 grams
Saturated fat ..... 6 grams
Cholesterol ..... 43 milligrams
Sodium ..... 545 milligrams

Lean ground beef	1/2 pound
Kidney beans, undrained	15-1/2-ounce can
No-salt-added tomato puree	1 cup
Chili powder	1-1/2 tablespoons
Instant minced onion	1 tablespoon
Iceberg lettuce, broken	2 cups
Spinach leaves, broken	2 cups
Lowfat, low-sodium cheddar cheese, shredded	3/4 cup (3 ounces)
Unsalted tortilla chips	40 chips (about 2-1/2 ounces)

1. Cook beef in hot frypan until lightly browned. Drain off fat.
2. Add beans, tomato puree, chili powder, and onion.
3. Bring to a boil, reduce heat, cover, and simmer 10 minutes. Stir as needed.
4. Place 1/2 cup of lettuce and 1/2 cup of spinach in a salad dish. Top with 3/4 cup chili and 1/4 of the cheese. Place 10 chips around each salad.

EACH SERVING PROVIDES:

Meat and meat alternate equal to 2-1/2 ounces from meat group
3/4 serving from bread group
1/2 serving from milk group
1-1/2 servings from vegetable group

Chili-Stuffed Baked Potato

Variation for Taco Salad

PER SERVING:

Calories 395
Total fat ..... 9 grams
Saturated fat ..... 3 grams
Cholesterol ..... 38 milligrams
Sodium ..... 460 milligrams

1. Omit lettuce, spinach, cheese, and tortilla chips from salad recipe. Prepare chili mixture as directed in the *Taco Salad* recipe.
2. Wash and bake 4 medium baking potatoes (in oven or microwave). Cut a slit in top of each potato. Top potatoes with chili, using about 3/4 cup for each. Shredded cheddar cheese can be added as a garnish.

EACH SERVING PROVIDES:

Meat and meat alternate equal to 2-1/2 ounces from meat group
1-1/2 servings from vegetable group

Breakfast Pita

4 servings, 1 pita each

PER SERVING:

Calories 170
Total fat ..... 6 grams
Saturated fat ..... 2 grams
Cholesterol ..... 108 milligrams
Sodium ..... 400 milligrams

Margarine	2 teaspoons
Mushroom pieces, drained	4-ounce can
Onion, chopped	1/4 cup
Green pepper, chopped	1/4 cup
Eggs	2 large
Egg whites	2 large
Lowfat cottage cheese	1/4 cup
Pepper	1/8 teaspoon
Lowfat cheddar cheese, shredded	1/4 cup
Whole-wheat pita rounds, 4-inch	4

1. Melt margarine in nonstick frypan. Add mushrooms, onion, and green pepper; cook until onion and green pepper are tender, stirring often.
2. Combine eggs, egg whites, cottage cheese, and pepper; mix well. Pour over mushroom mixture.
3. Cook over medium heat, stirring frequently, until eggs are firm but still moist. Stir in cheddar cheese.
4. Using a sharp knife, split edge of pita open about 3-inches to make a pocket. Spoon 1/4 of mixture, about 1/2 cup, into each pita. Serve immediately.

EACH SERVING PROVIDES:

Meat alternate equal to 1/2 ounce from meat group
1 serving from bread group
1/4 serving from vegetable group

Quick Tuna and Sprouts Sandwich

4 servings, 1 sandwich each

PER SERVING:

Calories 200
Total fat ..... 4 grams
Saturated fat ..... 1 gram
Cholesterol ..... 10 milligrams
Sodium ..... 320 milligrams

Mayonnaise-type salad dressing	2 tablespoons
Celery seed	1/4 teaspoon
Onion powder	1/4 teaspoon
No-salt-added water-pack tuna, undrained	1 can (6-1/2 ounces)
Alfalfa sprouts	1/2 cup
Whole-wheat hamburger rolls	4

1. Mix salad dressing and seasonings in a bowl. Add tuna and sprouts; mix well.
2. Use 1/4 of filling per sandwich.

EACH SERVING PROVIDES:

1-1/2 ounces from meat group
2 servings from bread group

Turkey Pasta Salad

4 servings, 1-1/4 cups each

PER SERVING:

Calories 265
Total fat ..... 6 grams
Saturated fat ..... 1 gram
Cholesterol ..... 47 milligrams
Sodium ..... 225 milligrams

Elbow macaroni, uncooked	1 cup
Dried chives	1-1/2 teaspoons
Salad dressing, mayonnaise-type, light	1/4 cup
Cooked turkey, diced	1-2/3 cups
Seedless red grapes, halved	1 cup
Celery, thinly sliced	1/3 cup
Salad greens	4 leaves

1. Cook macaroni according to package directions. Drain.
2. Stir chives into salad dressing.
3. Mix macaroni, turkey, grapes, and celery together lightly.
4. Stir in salad dressing.
5. Chill well. Serve on salad greens.

EACH SERVING PROVIDES:

2 ounces from meat group
1 serving from bread group
1/2 serving from fruit group

Turkey Patties

4 servings, 1 patty each

PER SERVING:

Calories 125
Total fat ..... 6 grams
Saturated fat ..... 2 grams
Cholesterol ..... 46 milligrams
Sodium ..... 200 milligrams

Ground turkey	8 ounces (1/2 pound)
Ground sage	1/2 to 3/4 teaspoon
Marjoram leaves	1/4 teaspoon
Pepper	1/4 teaspoon
Salt	1/8 teaspoon
Vegetable oil	1/2 teaspoon

1. Mix ingredients except oil thoroughly.
2. Shape into 4 patties about 3 inches in diameter.
3. Heat oil in nonstick frypan.
4. Cook patties in hot frypan about 4 minutes turning once to brown other side.

EACH SERVING PROVIDES:

1-1/2 ounces from meat group

Split Pea Soup

6 servings, 1 cup each

PER SERVING:

Calories **220**
Total fat ..... **2 grams**
Saturated fat ..... **1 gram**
Cholesterol ..... **5 milligrams**
Sodium ..... **190 milligrams**

Boneless smoked pork chop	1 small (about 3 ounces)
Dry green split peas	1-1/2 cups
Onion, chopped	1/2 cup
Carrot, shredded	1/2 cup
Pepper	1/8 teaspoon
Water	2-1/2 cups
Low-sodium chicken broth	3-1/2 cups

1. Cut fat from smoked pork chop; discard. Chop or dice meat.
2. Mix ingredients in a large saucepan. Bring to a boil, cover, reduce heat, and simmer 1-1/2 hours. Stir occasionally.

EACH SERVING PROVIDES:

Meat alternate equal to 1-1/4 ounces from meat group
1/2 serving from vegetable group

Corn and Zucchini Combo

4 servings, about 1/2 cup each

PER SERVING:

Calories 75
Total fat ..... 2 grams
Saturated fat ..... Trace
Cholesterol 0
Sodium ..... 15 milligrams

Margarine	1 teaspoon
Onion, diced	1/2 cup
Zucchini squash, sliced 1/8-inch thick	1-1/2 cups
Frozen whole kernel corn	1-1/2 cups
Basil leaves	1/4 teaspoon
Oregano leaves	1/8 teaspoon
Pepper	1/8 teaspoon

1. Melt margarine in frypan over low heat.
2. Add onion; cook 2 minutes.
3. Add zucchini, cover and cook 5 minutes. Stir occasionally.
4. Add corn and seasonings. Cover and cook over low heat 5 minutes or until corn is done. Stir as needed.

EACH SERVING PROVIDES:

1 serving from vegetable group

Spinach-Orange Salad

4 servings, about 1 cup each

PER SERVING:

Calories 110
Total fat ..... 7 grams
Saturated fat ..... 1 gram
Cholesterol 0
Sodium ..... 25 milligrams

Spinach, torn into pieces	4 cups
Orange, sectioned	2 medium
Fresh mushrooms, sliced	2/3 cup
Red onion, sliced	1/2 cup
Vegetable oil	2 tablespoons
Vinegar	2 tablespoons
Orange juice (from sectioning of orange)	1/4 cup
Ground ginger	1/2 teaspoon
Pepper	1/4 teaspoon

1. Place spinach in bowl. Add orange sections, mushrooms, and onion. Toss lightly to mix.
2. Mix oil, vinegar, orange juice, ginger, and pepper well. Pour over spinach mixture. Toss to mix.
3. Chill.

EACH SERVING PROVIDES:

1-1/2 servings from vegetable group
1/2 serving from fruit group

Confetti Coleslaw

4 servings, about 1/2 cup each

PER SERVING:

Calories 35
Total fat ..... Trace
Saturated fat ..... Trace
Cholesterol 0
Sodium ..... 10 milligrams

Green cabbage, finely chopped	2 cups
Green pepper, finely chopped	1/4 cup
Red pepper, finely chopped	1/4 cup
Onion, finely chopped	1 tablespoon
Vinegar	2 tablespoons
Water	1 tablespoon
Sugar	1-1/2 tablespoons
Celery seed	1/8 teaspoon
Pepper	1/8 teaspoon

1. Mix vegetables together lightly.
2. Mix remaining ingredients together for dressing.
3. Stir dressing into vegetables. Chill well.

NOTE: This salad keeps well in the refrigerator for one or two days. Green peppers may be used in place of red peppers. Add color by adding a small amount of shredded carrot.

EACH SERVING PROVIDES:

1 serving from vegetable group

Whole-Wheat Cornmeal Muffins

8 Muffins

PER MUFFIN:

Calories 130
Total fat ..... 4 grams
Saturated fat ..... 1 gram
Cholesterol ..... 27 milligrams
Sodium ..... 130 milligrams

Yellow degerminated cornmeal	2/3 cup
Whole-wheat flour	2/3 cup
Sugar	1 tablespoon
Baking powder	2 teaspoons
Salt	1/8 teaspoon
Skim milk	2/3 cup
Egg, beaten	1
Vegetable oil	2 tablespoons

1. Preheat oven to 400° F.
2. Grease 8 muffin tins or use paper liners.
3. Mix dry ingredients thoroughly.
4. Mix milk, egg, and oil. Add to dry ingredients. Stir until dry ingredients are barely moistened. Batter will be lumpy.
5. Fill muffin tins 2/3 full.
6. Bake until lightly browned, about 20 minutes.

EACH SERVING PROVIDES:

2 servings from bread group

Whole-Wheat Pancakes

4 servings, 2 4-inch pancakes each

PER SERVING:

Calories 170
Total fat ..... 4 grams
Saturated fat ..... 1 gram
Cholesterol ..... 54 milligrams
Sodium ..... 230 milligrams

Whole-wheat flour	1 cup
Brown sugar, packed	2 teaspoons
Baking powder	1-1/2 teaspoons
Salt	1/8 teaspoon
Egg	1
Skim milk	1 cup
Vegetable oil	2 teaspoons

1. Preheat griddle.
2. Mix dry ingredients.
3. Beat egg, milk, and oil together.
4. Add milk mixture to dry ingredients; stir until dry ingredients are barely moistened. Batter will be lumpy.
5. For each pancake, pour 1/4 cup of batter onto hot griddle.
6. Cook until surface is covered with bubbles; turn, cook other side until lightly browned.

EACH SERVING PROVIDES:

2 servings from bread group

Rice-Pasta Pilaf

4 servings, about 3/4 cup each

PER SERVING:

Calories 205
Total fat ..... 5 grams
Saturated fat ..... 1 gram
Cholesterol 0
Sodium ..... 225 milligrams

Brown rice, uncooked	1/2 cup
Chicken broth, unsalted	2-1/4 cups
Thin spaghetti, broken into 1/2 to 1-inch pieces	1/2 cup
Margarine	1 tablespoon
Green onions, chopped	3 tablespoons
Green pepper, chopped	3 tablespoons
Fresh mushrooms, chopped	3 tablespoons
Garlic, minced	1 small clove
Savory	3/4 teaspoon
Salt	1/4 teaspoon
Pepper	1/8 teaspoon

1. Cook rice in 1-3/4 cups of the broth in a covered saucepan until almost tender, about 35 minutes.
2. Cook spaghetti in margarine in heavy pan over low heat until golden brown, about 2 minutes. Stir frequently; watch carefully.
3. Add browned spaghetti, vegetables, remaining 1/2 cup of chicken broth, and seasonings to rice.
4. Bring to boil, reduce heat, cover, and cook over medium heat until liquid is absorbed, about 10 minutes.
5. Remove from heat; let stand 2 minutes.

EACH SERVING PROVIDES:

1-1/2 servings from bread group
1/4 serving from vegetable group

Lemon Pound Cake

18 servings, 1 slice, about 1/2-inch thick

PER SLICE:

Calories 195
Total fat ..... 8 grams
Saturated fat ..... 2 grams
Cholesterol ..... 48 milligrams
Sodium ..... 120 milligrams

Margarine, softened	2/3 cup
Sugar	1-1/3 cups
Eggs	4
Vanilla	1 teaspoon
Flour	2 cups
Baking powder	1/4 teaspoon
Baking soda	1/4 teaspoon
Lowfat lemon yogurt	2/3 cup
Lemon juice	3 tablespoons
Lemon peel, grated	1 teaspoon

1. Preheat oven 325° F. Grease and flour 9" x 5" loaf pan.
2. Cream margarine in large mixing bowl. Gradually add sugar; beat until light and fluffy.
3. Add eggs one at a time, beating well after each addition. Add vanilla.
4. Mix dry ingredients.
5. Mix yogurt, lemon juice, and lemon peel.
6. Add dry ingredients and lemon mixture alternately to egg mixture, mixing until dry ingredients are just moistened.
7. Pour batter into pan.
8. Bake 1-1/4 hours until lightly browned.
9. Cool 10 minutes in pan on a rack before removing from pan.

EACH SERVING PROVIDES:

3/4 serving from bread group

Peach Crisp

10 servings, about 1/2 cup each

PER SERVING:

Calories 155
Total fat ..... 4 grams
Saturated fat..... 1 gram
Cholesterol..... 0
Sodium ..... 40 milligrams

Frozen unsweetened peaches	2 16-ounce bags
Cornstarch	2 tablespoons
Lemon juice	2 teaspoons
Flour	1/2 cup
Sugar	1/2 cup
Ground cinnamon	1/2 teaspoon
Ground cloves	1/4 teaspoon
Margarine, softened	3 tablespoons
Quick rolled oats	1/2 cup

1. Preheat oven to 375° F.
2. Place peaches in an 8" x 8" baking dish. Add cornstarch; toss to mix evenly.
3. Sprinkle lemon juice over peaches.
4. Mix flour, sugar, and spices.
5. Stir margarine into oats; add flour mixture. Mix until crumbly.
6. Sprinkle crumb mixture evenly over peaches.
7. Bake 45 minutes or until peaches are tender and top is lightly browned.

EACH SERVING PROVIDES:

3/4 serving from fruit group
1/2 serving from bread group

Chocolate Mint Pie

8-inch pie, 8 servings

PER SERVING:

Calories 175
Total fat ..... 6 grams
Saturated fat ..... 1 gram
Cholesterol ..... 1 milligram
Sodium ..... 175 milligrams

Graham Cracker Crust

Graham crackers, crushed	1-1/4 cups
Margarine, softened	3 tablespoons

Filling

Unflavored gelatin	1 envelope *(about 1 tablespoon)*
Cold water	1/4 cup
Sugar	1/2 cup
Cocoa	1/4 cup
Cornstarch	2 tablespoons
Skim milk	2 cups
Peppermint extract	4 drops

To Make Crust

1. Mix graham cracker crumbs and margarine thoroughly. Reserve 1/4 cup of crumb mixture for top of pie.
2. Press remaining crumb mixture into 8-inch pie pan so the bottom and sides are completely covered.

To Make Filling

1. Soften gelatin in cold water.
2. Mix sugar, cocoa, and cornstarch in saucepan. Add milk. Cook, stirring constantly, until thickened.
3. Stir softened gelatin into hot mixture and cool 20 minutes, stirring occasionally. Stir in extract. Cool an additional 20 minutes.
4. Pour filling into crust.
5. Sprinkle reserved crumb mixture over top of filling.
6. Chill until set. Keep in refrigerator until served.

EACH SERVING PROVIDES:

1/4 serving from milk group
1/2 serving from bread group

Yogurt-Strawberry Parfait

4 servings, 1/2 cup frozen yogurt and 1/2 cup fruit each

PER SERVING:

Calories 130
Total fat ..... 2 grams
Saturated fat ..... 1 gram
Cholesterol ..... 5 milligrams
Sodium ..... 60 milligrams

Frozen lowfat vanilla yogurt	1 pint
Strawberries, sliced	2 cups
Mint leaves (optional)	8

1. Layer yogurt and berries in parfait glass.
2. Garnish with mint leaves and serve.

Note: For variety, use other berries or sliced fresh fruit in season.

EACH SERVING PROVIDES:

1/2 serving from milk group
1 serving from fruit group

Blueberry Sauce

4 servings, 1/4 cup each

PER SERVING:

Calories 35
Total fat ..... Trace
Saturated fat ..... Trace
Cholesterol 0
Sodium ..... 1 milligram

Cornstarch	1 tablespoon
Sugar	1 tablespoon
Water	2/3 cup
Frozen blueberries, unsweetened	2/3 cup
Lemon juice	2 teaspoons

1. Mix cornstarch and sugar in a small saucepan.
2. Add water and stir until smooth. Add blueberries.
3. Bring to boil over medium heat, stirring constantly. Cook until thickened.
4. Remove from heat. Stir in lemon juice.
5. Serve warm over whole-wheat pancakes.

EACH SERVING PROVIDES:

1/3 serving from fruit group

TABLE A 3 NUTRIENTS IN RECIPE ITEMS

Recipes	Serving Size	Nutrients Per Serving							
		Energy (kcal)	Protein (g)	CHO (g)	Fat (g)	SFA (g)	Monofat (g)	Polyfat (g)	CHOL (mg)
MAIN DISHES									
Savory Sirloin	3 ounces	129	18	2	4.9	1.6	2.1	0.5	52
Creole Fish Fillets	3 ounces	131	22	8	1.1	0.2	0.2	0.4	49
Apricot-Glazed Chicken	3 ounces	212	28	21	1.7	0.4	0.4	0.4	68
Pork and Vegetable Stirfry	3 ounces	370	29	42	8.8	3.1	3.8	0.8	69
Taco Salad	1 salad	455	26	47	18.9	5.5	7.7	4.0	43
Chili-Stuffed Baked Potato	1 potato	397	21	60	9.2	3.4	3.7	0.8	38
Breakfast Pita	1 sandwich	171	12	20	5.6	1.6	2.0	1.2	108
Tuna and Sprouts Sandwich	1 sandwich	202	18	25	3.9	0.7	1.1	1.8	10
Turkey Pasta Salad	1-1/4 cups	264	21	31	6.2	1.5	1.4	2.5	47
Lentil Stroganoff	1-1/2 cups	520	31	89	5.4	1.4	1.4	1.7	48
Split Pea Soup	1 cup	218	18	32	2.2	0.6	0.8	0.5	5
Turkey Patties	1 patty	123	16	0	6.1	1.7	1.9	1.7	46
VEGETABLES									
Corn and Zucchini Combo	1/2 cup	76	3	16	1.5	0.3	0.6	0.6	0
Spinich-Orange Salad	1 cup	108	2	11	7.1	1.0	1.6	4.0	0
Confetti Coleslaw	1/2 cup	36	1	9	0.1	0.0	0.0	0.1	0
BREADS & GRAINS									
Whole-Wheat Cornmeal Muffins	1 muffin	129	4	19	4.4	0.8	1.1	2.2	27
Whole-Wheat Pancakes	2 pancakes	172	8	27	4.2	0.9	1.1	1.7	54
Rice-Pasta Pilaf	3/4 cup	203	7	33	4.6	1.0	1.9	1.4	0
DESSERTS									
Lemon Pound Cake	1 slice	193	3	27	8.2	1.8	3.5	2.4	48
Peach Crisp	1/2 cup	153	2	29	3.8	0.7	1.6	1.2	0
Chocolate Mint Pie	1/8 of 8"	176	5	29	6.0	1.4	2.7	1.6	1
Yogurt-Strawberry Parfait	1 parfait	128	5	25	1.7	0.9	0.4	0.2	5
MISCELLANEOUS									
Blueberry Sauce	1/4 cup	33	0	8	0.2	0.0	0.0	0.1	0

TABLE A - 3 NUTRIENTS IN RECIPE ITEMS

Recipes	Serving Size	Nutrients Per Serving							
		Fiber (g)	VIT A (IU)	VIT A (RE)	CARO (RE)	Thiamin (mg)	RBLFA (mg)	Niacin (mg)	VIT B6 (mg)
MAIN DISHES									
Savory Sirloin	3 ounces	0	109	19	7	0.1	0.2	3	0.4
Creole Fish Fillets	3 ounces	3	850	92	81	0.1	0.1	3	0.4
Apricot-Glazed Chicken	3 ounces	2	778	81	76	0.1	0.1	11	0.6
Pork and Vegetable Stirfry	3 ounces	3	7775	779	777	1.1	0.4	8	0.7
Taco Salad	1 salad	9	3155	324	311	0.3	0.3	5	0.5
Chili-Stuffed Baked Potato	1 potato	9	1872	187	187	0.4	0.3	6	0.8
Breakfast Pita	1 sandwich	4	332	85	8	0.1	0.3	2	0.2
Tuna and Sprouts Sandwich	1 sandwich	3	58	17	1	0.2	0.1	7	0.2
Turkey Pasta Salad	1-1/4 cups	1	192	25	18	0.2	0.2	4	0.4
Lentil Stroganoff	1-1/2 cups	12	1011	101	89	0.6	0.6	5	0.4
Split Pea Soup	1 cup	13	2645	265	265	0.3	0.2	4	0.1
Turkey Patties	1 patty	0	6	1	1	0.0	0.1	3	0.2
VEGETABLES									
Corn and Zucchini Combo	1/2 cup	4	278	36	24	0.1	0.1	1	0.2
Spinich-Orange Salad	1 cup	3	2149	215	215	0.1	0.1	1	0.1
Confetti Coleslaw	1/2 cup	2	646	65	65	0.0	0.0	0	0.1
BREADS & GRAINS									
Whole-Wheat Cornmeal Muffins	1 muffin	2	124	29	4	0.1	0.1	1	0.1
Whole-Wheat Pancakes	2 pancakes	4	204	61	0	0.1	0.2	2	0.1
Rice-Pasta Pilaf	3/4 cup	2	206	44	9	0.2	0.2	4	0.2
DESSERTS									
Lemon Pound Cake	1 slice	0	431	114	8	0.1	0.1	1	0.0
Peach Crisp	1/2 cup	2	575	86	43	0.1	0.1	1	0.0
Chocolate Mint Pie	1/8 of 8"	1	349	95	5	0.0	0.2	1	0.0
Yogurt-Strawberry Parfait	1 parfait	3	77	16	4	0.1	0.2	0	0.1
MISCELLANEOUS									
Blueberry Sauce	1/4 cup	1	16	2	2	0.0	0.0	0	0.0

TABLE A - 3. NUTRIENTS IN RECIPE ITEMS

Recipes	Serving Size	Nutrients Per Serving							
		Folate (mcg)	VIT B12 (mcg)	VIT C (mg)	VIT E (a-TE)	Calcium (mg)	PHOS (mg)	MAGN (mg)	Iron (mg)
MAIN DISHES									
Savory Sirloin	3 ounces	9	2.7	2	0	25	190	24	2
Creole Fish Fillets	3 ounces	24	0.9	27	1	64	246	52	2
Apricot-Glazed Chicken	3 ounces	19	0.3	21	1	31	217	40	2
Pork and Vegetable Stirfry	3 ounces	27	0.6	10	1	58	316	53	3
Taco Salad	1 salad	119	1.2	32	3	269	400	107	5
Chili-Stuffed Baked Potato	1 potato	82	1.0	46	2	60	288	100	4
Breakfast Pita	1 sandwich	38	0.4	8	1	86	204	44	2
Tuna and Sprouts Sandwich	1 sandwich	28	0.1	0	1	56	212	57	3
Turkey Pasta Salad	1-1/4 cups	25	0.2	6	1	36	173	28	2
Lentil Stroganoff	1-1/2 cups	229	0.3	34	1	167	520	104	8
Split Pea Soup	1 cup	94	0.2	2	0	36	248	54	2
Turkey Patties	1 patty	3	0.1	0	0	22	92	12	1
VEGETABLES									
Corn and Zucchini Combo	1/2 cup	26	0.0	7	0	18	65	24	1
Spinich-Orange Salad	1 cup	83	0.0	45	1	61	42	35	1
Confetti Coleslaw	1/2 cup	30	0.0	47	0	25	16	11	0
BREADS & GRAINS									
Whole-Wheat Cornmeal Muffins	1 muffin	10	0.1	0	1	78	87	21	1
Whole-Wheat Pancakes	2 pancakes	16	0.3	1	1	163	205	50	1
Rice-Pasta Pilaf	3/4 cup	12	0.1	6	1	21	149	45	1
DESSERTS									
Lemon Pound Cake	1 slice	7	0.1	1	1	29	50	6	1
Peach Crisp	1/2 cup	4	0.0	69	1	10	38	14	1
Chocolate Mint Pie	1/8 of 8"	7	0.2	1	1	87	103	26	1
Yogurt-Strawberry Parfait	1 parfait	24	0.5	48	0	164	142	28	1
MISCELLANEOUS									
Blueberry Sauce	1/4 cup	1	0.0	1	0	2	3	2	0

TABLE A - 3 NUTRIENTS IN RECIPE ITEMS

Recipes	Serving Size	Nutrients Per Serving			
		Zinc (mg)	Copper (mg)	Sodium (mg)	POTSSUM (mg)
MAIN DISHES					
Savory Sirloin	3 ounces	4	0.1	154	364
Creole Fish Fillets	3 ounces	1	0.2	157	752
Apricot-Glazed Chicken	3 ounces	1	0.2	155	565
Pork and Vegetable Stirfry	3 ounces	3	0.3	239	713
Taco Salad	1 salad	4	0.4	546	964
Chili-Stuffed Baked Potato	1 potato	4	0.7	459	1314
Breakfast Pita	1 sandwich	1	0.2	399	240
Tuna and Sprouts Sandwich	1 sandwich	1	0.2	318	277
Turkey Pasta Salad	1-1/4 cups	2	0.2	227	324
Lentil Stroganoff	1-1/2 cups	4	0.8	341	856
Split Pea Soup	1 cup	2	0.4	189	588
Turkey Patties	1 patty	2	0.0	200	122
VEGETABLES					
Corn and Zucchini Combo	1/2 cup	0	0.1	15	283
Spinich-Orange Salad	1 cup	0	0.1	25	363
Confetti Coleslaw	1/2 cup	0	0.0	9	156
BREADS & GRAINS					
Whole-Wheat Cornmeal Muffins	1 muffin	1	0.1	128	102
Whole-Wheat Pancakes	2 pancakes	1	0.1	231	248
Rice-Pasta Pilaf	3/4 cup	1	0.2	223	238
DESSERTS					
Lemon Pound Cake	1 slice	0	0.0	120	55
Peach Crisp	1/2 cup	0	0.1	41	170
Chocolate Mint Pie	1/8 of 8"	1	0.2	173	196
Yogurt-Strawberry Parfait	1 parfait	1	0.1	59	357
MISCELLANEOUS					
Blueberry Sauce	1/4 cup	0	0.0	1	15

Menu Tables

APPENDIX 3

Table A-4.	Five Days' Menus at 1,600 Calories
Table A-5.	Five Days' Menus at 2,200 Calories
Table A-6.	Five Days' Menus at 2,800 Calories
Tables A-7 to A-11	One Day's Menu at 3 Calorie Levels (5 Tables)
Tables A-12 to A-26	One Day's Menu and Food Group Servings at One Calorie Level (15 Tables)
Blank Chart	Optional use in menu planning and evaluation activities

TABLE A-4: FIVE DAYS' MENUS AT 1,600 CALORIES

Day 1	Day 2	Day 3	Day 4	Day 5
BREAKFAST				
Orange juice ..... 3/4 c	Grapefruit juice ..... 3/4 c	Grapefruit 1/2	Fresh sliced strawberries ..... 1/2 c	Cantaloup ..... 1/4 melon
Oatmeal ..... 1/2 c	*Breakfast pita ..... 1 sandwich	Ready-to-eat cereal flakes ..... 1 oz	Whole-grain cereal flakes ..... 1 oz	*Whole-wheat pancakes 2
White toast ..... 1 slice	Skim milk ..... 1 c	Toasted english muffin with raisins 1/2	Toasted plain bagel 1/2	*Blueberry sauce ..... 1/4 c
Margarine ..... 1 tsp		Jelly ..... 1 tsp	Cream cheese ..... 1/2 tbsp	Skim milk ..... 1 c
Jelly ..... 1 tsp		Skim milk ..... 1/2 c	2% fat milk ..... 1 c	
Skim milk ..... 1/2 c				
LUNCH				
*Split pea soup ..... 1 c	*Turkey pasta salad ..... 1-1/4 c	*Taco salad greens ..... 1 c	Broiled chicken fillet sandwich 1	*Chili-stuffed baked potato ... 1
*Quick tuna and sprouts sandwich 1	Tomato wedges on lettuce leaf ..... 1 serving	chili ..... 3/4 c	Mayonnaise ..... 1 pkt	*Spinach-orange salad ..... 1 c
Mixed green salad ..... 1 c	Hard roll 1	Sherbet ..... 1/2 c	*Confetti coleslaw ..... 1/2 c	Wheat crackers 6
Reduced-calorie italian dressing ..... 1 tbsp	Margarine ..... 1 tsp		2% fat milk ..... 1 c	
*Chocolate mint pie ..... 1 serving	Skim milk ..... 1 c			
DINNER				
*Savory sirloin ..... 3 oz	*Creole fish fillets ..... 3 oz	*Pork & vegetable stirfry mixture ..... 1 c	*Lentil stroganoff mixture ..... 1-1/2 c	*Apricot-glazed chicken .. 3 oz
*Corn and zucchini combo ..... 1/2 c	Small new potatoes with skin 2	rice ..... 3/4 c	noodles ..... 3/4 c	*Rice-pasta pilaf ..... 3/4 c
Tomato and lettuce salad ..... 1 serv.	Cooked green peas ..... 1/2 c	Cooked broccoli ..... 1/2 c	Cooked whole green beans ..... 1/2 c	Tossed salad ..... 1 c
Reduced-calorie french dressing ..... 1 tbsp	with margarine ..... 1 tsp	White roll 1	Tomato and cucumber salad ..... 1 serv.	Reduced-calorie italian dressing ..... 1 tbsp
Whole-wheat roll 1	*Whole-wheat cornmeal muffin 1	Minted pineapple chunks ..... 1/2 c	Reduced-calorie vinaigrette dressing ..... 1 tbsp	Hard roll 1
Margarine ..... 1 tsp	Margarine ..... 1 tsp		Honeydew ..... 1/8 melon	Vanilla ice milk ..... 1/2 c
*Yogurt-strawberry parfait ..... 1 c	*Peach crisp ..... 1/2 c			
SNACKS				
Graham crackers ... 3 squares	Bagel ..... 1 medium	Wheat crackers 6	Roast beef sandwich 1/2	Fig bar 1
Skim milk ..... 1 c	Margarine ..... 1 tsp	Skim milk ..... 1 c		Skim milk ..... 3/4 c
	Jelly ..... 1 tsp			

** Recipes included in Appendix 2.*

TABLE A-5: FIVE DAYS' MENUS AT 2,200 CALORIES

Day 1	Day 2	Day 3	Day 4	Day 5
BREAKFAST				
Orange juice ..... 3/4 c	Grapefruit juice ..... 3/4 c	Grapefruit 1/2	Fresh sliced strawberries ..... 1/2 c	Cantaloup ..... 1/4 melon
Oatmeal ..... 1/2 c	*Breakfast pita ..... 1 sandwich	Banana ..... 1 medium	Whole-grain cereal flakes ..... 1 oz	*Turkey patty ..... 1-1/2 oz
White toast ..... 2 slices	2% fat milk ..... 1 c	Ready-to-eat cereal flakes ..... 1 oz	Toasted plain bagel ..... 1 medium	*Whole-wheat pancakes 2
Margarine ..... 2 tsp		Toasted english muffin with raisins 1	Cream cheese ..... 1 tbsp	*Blueberry sauce ..... 1/4 c
Jelly ..... 1 tsp		Margarine ..... 2 tsp	2% fat milk ..... 1 c	Margarine ..... 1 tsp
2% fat milk ..... 1/2 c		Skim milk ..... 1/2 c		Skim milk ..... 1 c
LUNCH				
*Split pea soup ..... 1 c	*Turkey pasta salad ... 1-1/4 c	*Taco salad greens ..... 1 c	Broiled chicken fillet sandwich 1	*Chili-stuffed baked potato 1
*Quick tuna and sprouts sandwich 1	Tomato wedges on lettuce leaf ..... 1 serving	chili ..... 3/4 c	Mayonnaise ..... 1 pkt	Lowfat, low-sodium cheddar cheese ..... 3 tbsp
Mixed green salad ..... 1 c	Hard rolls 2	Gingersnaps 2	*Confetti coleslaw ..... 1/2 c	*Spinach-orange salad ..... 1 c
Reduced-calorie italian dressing ..... 1 tbsp	Margarine ..... 2 tsp		Fresh orange 1	Wheat crackers 6
*Chocolate mint pie ..... 1 serving	Oatmeal cookies 4		2% fat milk ..... 1 c	Skim milk ..... 1 c
	2% fat milk ..... 1 c			
DINNER				
*Savory sirloin ..... 3 oz	*Creole fish fillets ..... 4 oz	*Pork and vegetable stirfry mixture ..... 1 c	*Lentil stroganoff mixture ..... 1-1/2 c	*Apricot-glazed chicken ..... 3 oz
*Corn and zucchini combo ..... 3/4 c	Small new potatoes with skin 2	rice ..... 3/4 c	noodles ..... 3/4 c	*Rice-pasta pilaf ..... 3/4 c
Tomato and lettuce salad ..... 1 serv	Cooked green peas ..... 1/2 c with margarine ..... 1 tsp	Cooked broccoli ..... 1/2 c	Cooked whole green beans ..... 1/2 c with margarine ..... 1 tsp	Tossed salad ..... 1 c
French dressing ..... 1 tbsp	*Whole-wheat cornmeal muffins 2	White rolls 2	Tomato and cucumber salad ..... 1 serv.	Reduced-calorie italian dressing ..... 1 tbsp
Whole-wheat rolls 2	Margarine ..... 2 tsp	Margarine ..... 2 tsp	Reduced-calorie vinaigrette dressing ..... 1 tbsp	Hard rolls 2
Margarine ..... 1 tsp	*Peach crisp ..... 1/2 c	Minted pineapple chunks ..... 1/2 c	Pumpernickel roll 1	Margarine ..... 2 tsp
*Yogurt-strawberry parfait ..... 1 c			Margarine ..... 1 tsp	Vanilla ice milk ..... 1/2 c
			Honeydew ..... 1/8 melon	
SNACKS				
Graham crackers ..... 6 squares	Bagel ..... 1 medium	Wheat crackers 6	No-salt-added vegetable juice ..... 3/4 c	Soft pretzel ..... 1 large
2% fat milk ..... 1 c	Margarine ..... 2 tsp	Cheddar cheese ..... 1-1/2 oz	Roast beef sandwich 1	Fresh apple 1/2
Peanut butter ..... 2 tbsp	Fresh pear 1	Turkey sandwich 1/2	2% fat milk ..... 1 c	
Fresh peach 1		No-salt-added tomato juice ..... 3/4 c		
Carrot sticks ..... 7–8 medium				

** Recipes included in Appendix 2.*

TABLE A-6: FIVE DAYS MENUS AT 2 800 CALORIES

Day 1	Day 2	Day 3	Day 4	Day 5
BREAKFAST				
Orange juice ..... 3/4 c	Grapefruit juice ..... 3/4 c	Grapefruit 1/2	Fresh sliced strawberries ..... 1/2 c	Cantaloup ..... 1/4 melon
Oatmeal ..... 1/2 c	*Breakfast pita ..... 1 sandwich	Banana ..... 1 medium	Hard cooked egg 1	*Turkey patty ..... 1-1/2 oz
White toast ..... 2 slices	Bran muffin ..... 1 large	Ready-to-eat cereal flakes ..... 1 oz	Whole-grain cereal flakes ..... 1 oz	*Whole-wheat pancakes 3
Margarine ..... 2 tsp	Margarine ..... 1 tsp	Toasted english muffin with raisins 1	Toasted plain bagel ..... 1 medium	*Blueberry sauce ..... 6 tbsp
Jelly ..... 2 tsp	2% fat milk ..... 1 c	Margarine ..... 2 tsp	Cream cheese ..... 2 tbsp	Margarine ..... 2 tsp
2% fat milk ..... 1/2 c		Skim milk ..... 1 c	2% fat milk ..... 1 c	2% fat milk ..... 1 c
LUNCH				
*Split pea soup ..... 1 c	*Turkey pasta salad ... 1-1/4 c	*Taco salad greens ..... 1 c	Broiled chicken fillet sandwich 1	*Chili-stuffed baked potato ... 1
*Quick tuna and sprouts sandwich 1	Tomato wedges on lettuce leaf ..... 1 serving	chili ..... 3/4 c	Mayonnaise ..... 1 pkt	Lowfat, low-sodium cheddar cheese ..... 3 tbsp
Mixed green salad ..... 1 c	Hard rolls 2	Sherbet ..... 1/2 c	*Confetti coleslaw ..... 1/2 c	*Spinach-orange salad ..... 1 c
Italian dressing ..... 1 tbsp	Margarine ..... 2 tsp	Gingersnaps 3	Fresh orange 1	Fresh grapes 12
*Chocolate mint pie ..... 1 serving	Tangerine 1	Skim milk ..... 1 c	*Lemon pound cake ..... 1 slice	Wheat crackers 6
2% fat milk ..... 1 c	Oatmeal cookies 6		2% fat milk ..... 1 c	Fig bars 2
	2% fat milk ..... 1 c			2% fat milk ..... 1 c
DINNER				
*Savory sirloin ..... 4 oz	*Creole fish fillets ..... 4 oz	*Pork and vegetable stirfry mixture ..... 1 c	*Lentil Stroganoff mixture ..... 1-1/2 c	Honeydew ..... 1/4 melon
*Corn and zucchini combo ..... 1 c	Small new potatoes with skin 2	rice ..... 3/4 c	noodles ..... 3/4 c	*Apricot-glazed chicken .. 3 oz
Tomato and lettuce salad ..... 1 serv.	Cooked green peas ..... 3/4 c with margarine ..... 1 tsp	Cooked broccoli ..... 1 c	Cooked whole green beans ..... 1 c with margarine ..... 1 tsp	*Rice-pasta pilaf ..... 3/4 c
Reduced-calorie french dressing ..... 1 tbsp	*Whole-wheat cornmeal muffins 2	White rolls 2	Tomato and cucumber salad ..... 1 serv.	Steamed zucchini ..... 1/2 c
Whole-wheat rolls 2	Margarine ..... 2 tsp	Margarine ..... 2 tsp	Reduced-calorie vinaigrette dressing ..... 1 tbsp	Tossed salad ..... 1 c
Margarine ..... 1 tsp	*Peach crisp ..... 1/2 c	Minted pineapple chunks ..... 1/2 c	Pumpernickel rolls 2	Italian dressing ..... 1 tbsp
*Yogurt-strawberry parfait ..... 1 c			Margarine ..... 2 tsp	Hard rolls 2
				Margarine ..... 2 tsp
				Vanilla ice milk ..... 1/2 c
SNACKS				
Graham crackers ... 6 squares	Bagel ..... 1 medium	Wheat crackers 6	No-salt-added vegetable juice ..... 3/4 c	Fresh apple 1/2
Peanut butter-banana sandwich 1	Margarine ..... 2 tsp	Orange juice ..... 3/4 c	Roast beef sandwich 1	Soft pretzel ..... 1 large
Fresh peach 1	Jelly ..... 2 tsp	Cheddar cheese ..... 1-1/2 oz	2% fat milk ..... 1 c	Lemonade ..... 1 c
Nonfat fruit-flavored yogurt ..... 8 oz	Fresh pear 1	Turkey sandwich 1	Lemonade ..... 1 c	2% fat milk ..... 1 c
Carrot sticks ..... 7–8 medium	Lowfat fruit-flavored yogurt ..... 1/2 c	Raw vegetables ..... 6 pieces		
	Unsalted roasted peanuts ..... 2-1/2 tbsp (1/2 oz)	Spinach dip ..... 2 tbsp		

** Recipes included in Appendix 2.*

TABLE A-7 DAY ONE MENU AND FOOD GROUP SERVINGS AT 3 CALORIE LEVELS

Item	Calorie Level		
	1,600	2,200	2,800
BREAKFAST			
Orange juice	3/4 cup	3/4 cup	3/4 cup
Oatmeal	1/2 cup	1/2 cup	1/2 cup
White toast	1 slice	2 slices	2 slices
Margarine	1 teaspoon	2 teaspoons	2 teaspoons
Jelly	1 teaspoon	2 teaspoons	2 teaspoons
Milk	skim, 1/2 cup	2%, 1/2 cup	2%, 1/2 cup
LUNCH			
*Split pea soup	1 cup	1 cup	1 cup
*Quick tuna and sprouts sandwich	1 sandwich	1 sandwich	1 sandwich
Mixed greens salad	1 cup	1 cup	1 cup
Reduced-calorie italian dressing	1 tablespoon	1 tablespoon	
Regular italian dressing			1 tablespoon
*Chocolate mint pie	1 serving	1 serving	1 serving
2% fat milk			1 cup
DINNER			
*Savory sirloin	3 ounces	3 ounces	4 ounces
*Corn and zucchini combo	1/2 cup	3/4 cup	1 cup
Tomato and lettuce salad	1 serving	1 serving	1 serving
Reduced-calorie french dressing	1 tablespoon		1 tablespoon
Regular french dressing		1 tablespoon	
Whole-wheat roll(s)	1 small	2 small	2 small
Margarine	1 teaspoon	1 teaspoon	1 teaspoon
*Yogurt-strawberry parfait	1 cup	1 cup	1 cup
SNACKS			
Graham crackers	3 squares	6 squares	6 squares
Peanut butter		2 tablespoons	
Peanut butter-banana sandwich:			
Peanut butter			2 tablespoons
Banana			1 medium
Whole-wheat bread			2 slices
Fresh peach		1 medium	1 medium
Carrot sticks		7–8 medium	7–8 medium
Nonfat fruit-flavored yogurt			8-ounce carton
Milk	skim, 1 cup	2%, 1 cup	

TABLE A-7 DAY ONE MENU AND FOOD GROUP SERVINGS AT 3 CALORIE LEVELS (CONTINUED)

Item	Calorie Level		
	1,600	2,200	2,800
NUMBER OF SERVINGS			
Bread group	6-1/2	9-1/2	11-1/2
Vegetable group	3-1/2	5	5-1/2
Fruit group	2	3	4
Milk group	2-1/4	2-1/4	3-1/4
Meat group (ounces)	5-3/4	6-3/4	7-3/4
NUTRIENT DATA			
Calories	1,593	2,247	2,783
Fat[1], g	37	73	79
Percent calories from fat	20%	28%	24%
Saturated fat[1], g	9	19	20
Percent calories from saturated fat	5%	7%	6%
Cholesterol, mg	82	103	124
Sodium, mg	1,920	2,668	3,044
Dietary fiber, g	32	41	48

[1] *Values have been rounded to the nearest whole number.*

* *Recipes included in Appendix 2.*

TABLE A-8. DAY TWO MENU AND FOOD GROUP SERVINGS AT 3 CALORIE LEVELS			
Item	**Calorie Level**		
	1,600	**2,200**	**2,800**
BREAKFAST			
Grapefruit juice	3/4 cup	3/4 cup	3/4 cup
*Breakfast pita	1/2 egg 1 pita	1/2 egg 1 pita	1/2 egg 1 pita
Milk	skim, 1 cup	2%, 1 cup	2%, 1 cup
Bran muffin			1 large
Margarine			1 teaspoon
LUNCH			
*Turkey pasta salad	1-1/4 cups	1-1/4 cups	1-1/4 cups
Tomato wedges, lettuce leaf	1 serving	1 serving	1 serving
Small hard roll(s)	1 small	2 small	2 small
Margarine	1 teaspoon	2 teaspoons	2 teaspoons
Oatmeal cookies		4 small	6 small
Milk	skim, 1 cup	2%, 1 cup	2%, 1 cup
Tangerine			1 medium
DINNER			
*Creole fish fillets	3 ounces	4 ounces	4 ounces
New potatoes with skin	2 small	2 small	2 small
Cooked green peas with margarine	1/2 cup 1 teaspoon	1/2 cup 1 teaspoon	3/4 cup 1 teaspoon
*Whole-wheat cornmeal muffin(s)	1 muffin	2 muffins	2 muffins
Margarine	1 teaspoon	2 teaspoons	1 teaspoon
*Peach crisp	1/2 cup	1/2 cup	1/2 cup
SNACKS			
Bagel	1 medium	1 medium	1 medium
Margarine	1 teaspoon	2 teaspoons	2 teaspoons
Jelly	1 teaspoon		2 teaspoons
Fresh pear		1 small	1 small
Lowfat fruit-flavored yogurt			1/2 cup
Roasted peanuts			2-1/2 tablespoons (1/2 oz)

TABLE A-8. DAY TWO MENU AND FOOD GROUP SERVINGS AT 3 CALORIE LEVELS (CONTINUED)

Item	Calorie Level		
	1,600	2,200	2,800
NUMBER OF SERVINGS:			
Bread group	7-1/2	11-1/2	13-1/2
Vegetable group	4-1/4	4-1/2	5
Fruit group	2-1/4	3-1/4	4-1/4
Milk group	2	2	2-1/2
Meat group (ounces)	5-1/2	6-1/2	7
NUTRIENT DATA:			
Calories	1,636	2,236	2,823
Fat[1], g	40	71	93
Percent calories from fat	22%	28%	29%
Saturated fat[1], g	8	18	23
Percent calories from saturated fat	5%	7%	7%
Cholesterol, mg	255	336	397
Sodium, mg	1,805	2,331	2,676
Dietary fiber, g	20	27	39

[1] *Values have been rounded to the nearest whole number.*

* *Recipes included in Appendix 2.*

TABLE A 9 DAY THREE MENU AND FOOD GROUP SERVINGS AT 3 CALORIE LEVELS

Item	Calorie Level		
	1,600	2,200	2,800
BREAKFAST			
Grapefruit, medium	1 half	1 half	1 half
Ready-to-eat cereal flakes	1 ounce	1 ounce	1 ounce
Banana		1 medium	1 medium
Toasted raisin english muffin	1/2 muffin	1 muffin	1 muffin
Margarine		2 teaspoons	2 teaspoons
Jelly	1 teaspoon		
Skim milk	1/2 cup	1/2 cup	1 cup
LUNCH			
*Taco salad	1 cup greens, 3/4 cup chili	1 cup greens, 3/4 cup chili	1 cup greens, 3/4 cup chili
Sherbet	1/2 cup		1/2 cup
Gingersnaps		2 medium	3 medium
Skim milk			1 cup
DINNER			
*Pork and vegetable stirfry	1 cup	1 cup	1 cup
over rice	3/4 cup	3/4 cup	3/4 cup
Cooked broccoli	1/2 cup	1/2 cup	1 cup
White roll(s)	1 small	2 small	2 small
Margarine		2 teaspoons	2 teaspoons
Minted pineapple chunks	1/2 cup	1/2 cup	1/2 cup
SNACKS			
Skim milk	1 cup		
Tomato juice with no-salt-added		3/4 cup	
Orange juice			3/4 cup
Wheat crackers	6	6	6
Cheddar cheese		1-1/2 ounces	1-1/2 ounces
Turkey sandwich:			
Cooked turkey breast		1 ounce	2 ounces
Lettuce leaf		1 leaf	1 leaf
Rye bread		1 slice	2 slices
Mayonnaise-type salad dressing, reduced-calorie		1/2 tablespoon	1 tablespoon
Vegetable relishes (cauliflower and broccoli florets, carrot sticks)			6 pieces
Spinach dip			2 tablespoons

TABLE A 9 DAY THREE MENU AND FOOD GROUP SERVINGS AT 3 CALORIE LEVELS CONTINUED

Item	Calorie Level		
	1,600	2,200	2,800
NUMBER OF SERVINGS:			
Bread group	6-1/4	10-1/4	11-3/4
Vegetable group	3-1/2	4-1/2	5-1/2
Fruit group	2	3	4
Milk group	2	2	3-1/2
Meat group (ounces)	5-1/2	6-1/2	7-1/2
NUTRIENT DATA:			
Calories	1,595	2,194	2,782
Fat[1], g	37	73	84
Percent calories from fat	21%	29%	27%
Saturated fat[1], g	12	25	28
Percent calories from saturated fat	7%	10%	9%
Cholesterol, mg	129	182	222
Sodium, mg	1,681	2,560	3,171
Dietary fiber, g	19	25	30

[1] *Values have been rounded to the nearest whole number.*

* *Recipes included in Appendix 2.*

TABLE A 10 DAY FOUR MENU AND FOOD GROUP SERVINGS AT 3 CALORIE LEVELS

Item	Calorie Level		
	1,600	2,200	2,800
BREAKFAST			
Fresh sliced strawberries	1/2 cup	1/2 cup	1/2 cup
Whole-grain cereal flakes	1 ounce	1 ounce	1 ounce
Hard cooked egg			1
Toasted plain bagel	1/2 medium	1 medium	1 medium
Cream cheese	1/2 tablespoon	1 tablespoon	2 tablespoons
2% fat milk	1 cup	1 cup	1 cup
LUNCH			
Broiled chicken fillet sandwich:			
Chicken breast fillet	2 ounces	2 ounces	2 ounces
Mayonnaise	1 packet	1 packet	1 packet
Tomato slice, lettuce leaf	1 each	1 each	1 each
Whole-wheat hamburger roll	1 roll	1 roll	1 roll
*Confetti coleslaw	1/2 cup	1/2 cup	1/2 cup
Orange		1 medium	1 medium
2% fat milk	1 cup	1 cup	1 cup
*Lemon pound cake			1 slice
DINNER			
*Lentil stroganoff	1-1/2 cups	1-1/2 cups	1-1/2 cups
over noodles	3/4 cup	3/4 cup	3/4 cup
Cooked whole green beans	1/2 cup	1/2 cup	1 cup
with margarine		1 teaspoon	1 teaspoon
Tomato and cucumber salad	1 serving	1 serving	1 serving
Reduced-calorie vinaigrette dressing	1 tablespoon	1 tablespoon	1 tablespoon
Pumpernickel roll(s)		1 small	2 small
Margarine		1 teaspoon	2 teaspoons
Honeydew melon	1/8 of medium	1/8 of medium	1/4 of medium
SNACKS			
Vegetable juice with no-salt-added		3/4 cup	3/4 cup
Roast beef sandwich:			
Roast beef	1 ounce	2 ounces	2 ounces
Lettuce leaf	1 leaf	1 leaf	1 leaf
Prepared mustard	1 teaspoon	1 teaspoon	1 teaspoon
Whole-wheat bread	1 slice	2 slices	2 slices
Lemonade			1 cup
2% fat milk		1 cup	1 cup

TABLE A-10. DAY FOUR MENU AND FOOD GROUP SERVINGS AT 3 CALORIE LEVELS CONTINUED

Item	Calorie Level		
	1,600	2,200	2,800
NUMBER OF SERVINGS:			
Bread group	6-1/2	9-1/2	11-1/4
Vegetable group	4-1/4	5-1/4	6-1/4
Fruit group	2	3	4
Milk group	2-1/4	3-1/4	3-1/4
Meat group (ounces)	5	6	7
NUTRIENT DATA:			
Calories	1,624	2,197	2,793
Fat[1], g	40	59	82
Percent calories from fat	22%	24%	26%
Saturated fat[1], g	13	20	28
Percent calories from saturated fat	7%	8%	9%
Cholesterol, mg	186	238	513
Sodium, mg	1,747	2,431	2,966
Dietary fiber, g	25	34	38

[1] *Values have been rounded to the nearest whole number.*

* *Recipes included in Appendix 2.*

TABLE A-11. DAY FIVE MENU AND FOOD GROUP SERVINGS AT 3 CALORIE LEVELS

Item	Calorie Level		
	1,600	2,200	2,800
BREAKFAST			
Cantaloup	1/4 medium	1/4 medium	1/4 medium
*Whole-wheat pancakes	2	2	3
*Blueberry sauce	1/4 cup	1/4 cup	6 tablespoons
Margarine		1 teaspoon	2 teaspoons
*Turkey patty		1-1/2 ounces	1-1/2 ounces
Milk	skim, 1 cup	skim, 1 cup	2%, 1 cup
LUNCH			
*Chili-stuffed baked potato	3/4 cup chili, 1 potato	3/4 cup chili, 1 potato	3/4 cup chili, 1 potato
Lowfat, low-sodium cheddar cheese		3 tablespoons	3 tablespoons
*Spinach-orange salad	1 cup	1 cup	1 cup
Wheat crackers	6	6	6
Grapes			12
Fig bars			2
Milk		skim, 1 cup	2%, 1 cup
DINNER			
*Apricot-glazed chicken	1 breast half	1 breast half	1 breast half
*Rice-pasta pilaf	3/4 cup	3/4 cup	3/4 cup
Steamed zucchini			1/2 cup
Tossed salad	1 cup	1 cup	1 cup
Reduced-calorie italian dressing	1 tablespoon	1 tablespoon	
Regular italian dressing			1 tablespoon
Hard roll(s)	1 small	2 small	2 small
Margarine		2 teaspoons	2 teaspoons
Vanilla ice milk	1/2 cup	1/2 cup	1/2 cup
SNACKS			
Fig bar	1		
Skim milk	3/4 cup		
Apple		1/2 medium	1/2 medium
Soft pretzel		1 large	1 large
Lemonade			1 cup
2% fat milk			1 cup

TABLE A-11. DAY FIVE MENU AND FOOD GROUP SERVINGS AT 3 CALORIE LEVELS (CONTINUED)

Item	Calorie Level		
	1,600	2,200	2,800
NUMBER OF SERVINGS:			
Bread group	6	9	11
Vegetable group	4-1/4	4-1/4	5-1/4
Fruit group	2-1/3	2-3/4	4
Milk group	2	2-2/3	3-2/3
Meat group (ounces)	5-1/2	7	7
NUTRIENT DATA:			
Calories	1,665	2,199	2,859
Fat[1], g	38	59	87
Percent calories from fat	20%	24%	27%
Saturated fat[1], g	11	17	27
Percent calories from saturated fat	6%	7%	8%
Cholesterol, mg	183	236	309
Sodium, mg	1,861	3,138	3,508
Dietary fiber, g	23	25	31

[1] *Values have been rounded to the nearest whole number.*

* *Recipes included in Appendix 2.*

TABLE A-12. 1,600 CALORIE MENU, DAY 1

Item	Bread	Vegetable	Fruit	Milk	Meat oz.	Fat[1] grams	Calories[1]
BREAKFAST							
Orange juice, 3/4 cup			1			trace	84
Oatmeal, 1/2 cup	1					1	73
White toast, 1 slice	1					1	69
Soft margarine, 1 teaspoon						4	34
Jelly, 1 teaspoon						trace	16
Skim, milk, 1/2 cup				1/2		trace	43
LUNCH							
*Split pea soup, 1 cup split peas and ham carrots and onions		1/2			1-1/4	2	218
* Quick tuna and sprouts sandwich tuna whole-wheat sandwich roll	2				1-1/2	4	202
Mixed greens salad, 1 cup		1				trace	9
Reduced-calorie italian dressing, 1 tablespoon						1	16
* Chocolate mint pie, 1 serving	1/2			1/4		6	176
DINNER							
* Savory sirloin, 3 ounces					3	5	129
* Corn and zucchini combo, 1/2 cup		1				2	76
Tomato and lettuce salad, 1 serving medium tomato, 1 lettuce leaf		1				trace	27
Reduced-calorie french dressing, 1 tablespoon						1	22
Small whole-wheat roll	1					1	72
Soft margarine, 1 teaspoon						4	34
* Yogurt-strawberry parfait, 1 cup lowfat frozen yogurt strawberries			1	1/2		2	128
SNACKS							
Graham crackers, 3 squares	1					2	81
Skim milk, 1 cup				1		trace	85
Total	**6-1/2**	**3-1/2**	**2**	**2-1/4**	**5-3/4**	**36**	**1,594**

[1] *Values for fat and calories may not add up to those in Table 8 and Tables A-7 through A-11 due to rounding of values for individual menu items.*

* *Recipes included in Appendix 2.*

TABLE A-13. 1,600 CALORIE MENU DAY 2

Item	Bread	Vegetable	Fruit	Milk	Meat oz.	Fat[1] grams	Calories[1]
BREAKFAST							
Grapefruit juice, 3/4 cup			1			trace	70
* Breakfast pita, 1 serving 4-inch whole-wheat pita vegetables egg	1	1/4			1/2	6	171
Skim milk, 1 cup				1		trace	86
LUNCH							
* Turkey pasta salad, 1 serving macaroni red grapes turkey	1		1/2		2	6	264
Tomato wedges, lettuce leaf		1				trace	27
Small hard roll	1					1	78
Soft margarine, 1 teaspoon						4	34
Skim milk, 1 cup				1		trace	86
DINNER							
* Creole fish fillets, 1 serving cod vegetables		1			3	1	131
Small new potatoes with skin, 2		1				trace	68
Cooked green peas, 1/2 cup with soft margarine, 1 teaspoon		1				trace 4	67 34
* Whole-wheat cornmeal muffin	2					4	129
Soft margarine, 1 teaspoon						4	34
* Peach crisp, 1/2 cup rolled oats and flour frozen peaches	1/2		3/4			4	153
SNACKS							
Medium bagel	2					1	153
Soft margarine, 1 teaspoon						4	34
Jelly, 1 teaspoon						trace	16
Total	**7-1/2**	**4-1/4**	**2-1/4**	**2**	**5-1/2**	**39**	**1,635**

[1] *Values for fat and calories may not add up to those in Table 8 and Tables A-7 through A-11 due to rounding of values for individual menu items.*

* *Recipes included in Appendix 2.*

TABLE A-14. 1,600 CALORIE MENU, DAY 3

Item	Bread	Vegetable	Fruit	Milk	Meat oz.	Fat[1] grams	Calories[1]
BREAKFAST							
Medium grapefruit, 1/2			1			trace	41
Ready-to-eat cereal flakes, 1 ounce	1					trace	111
Toasted raisin english muffin, 1/2	1					1	69
Jelly, 1 teaspoon						trace	16
Skim milk, 1/2 cup				1/2		trace	43
LUNCH							
* Taco salad, 1 serving unsalted tortilla chips tomato puree and greens lowfat, low-sodium cheddar cheese beef and bean	3/4	1-1/2		1/2	2-1/2	19	455
Sherbet, 1/2 cup						2	135
DINNER							
* Pork and vegetable stirfry, 1 serving rice vegetables pork	1-1/2	1			3	9	370
Cooked broccoli, 1/2 cup		1				trace	26
Small white roll	1					2	83
Minted pineapple chunks, juice-pack, 1/2 cup			1			trace	75
SNACKS							
Wheat crackers, 6	1					4	86
Skim milk, 1 cup				1		trace	85
Total	**6-1/4**	**3-1/2**	**2**	**2**	**5-1/2**	**37**	**1,595**

[1] *Values for fat and calories may not add up to those in Table 8 and Tables A-7 through A-11 due to rounding of values for individual menu items.*

* *Recipes included in Appendix 2.*

TABLE A-15. 1,600 CALORIE MENU, DAY 4

Item	Bread	Vegetable	Fruit	Milk	Meat oz.	Fat[1] grams	Calories[1]
BREAKFAST							
Fresh sliced strawberries, 1/2 cup			1			trace	25
Whole-grain cereal flakes, 1 ounce	1					trace	99
Medium toasted plain bagel, 1/2	1					trace	74
Cream cheese, 1/2 tablespoon						3	25
2% fat milk, 1 cup				1		5	122
LUNCH							
Broiled chicken fillet sandwich chicken whole-wheat roll tomato slice lettuce leaf	2				2	9	315
Mayonnaise, 1 packet						8	72
* Confetti coleslaw, 1/2 cup		1				trace	36
2% fat milk, 1 cup				1		5	122
DINNER							
* Lentil stroganoff, 1 serving noodles lentils vegetables, cut yogurt	1-1/2	1-1/4		1/4	2	5	520
Cooked whole green beans, 1/2 cup		1				trace	22
Tomato and cucumber salad tomato, cucumber, lettuce leaf		1				trace	17
Reduced-calorie vinaigrette dressing, 1 tablespoon						1	16
Medium honeydew melon, 1/8			1			trace	44
SNACKS							
* Roast beef sandwich, 1/2 roast beef whole-wheat bread lettuce leaf mustard, 1 teaspoon	1				1	3	116
Total	**6-1/2**	**4-1/4**	**2**	**2-1/4**	**5**	**39**	**1,625**

[1] *Values for fat and calories may not add up to those in Table 8 and Tables A-7 through A-11 due to rounding of values for individual menu items.*

* *Recipes included in Appendix 2.*

TABLE A-16. 1,600 CALORIE MENU, DAY 5

Item	Bread	Vegetable	Fruit	Milk	Meat oz.	Fat[1] grams	Calories[1]
BREAKFAST							
Medium cantaloup, 1/4			1			trace	48
* Whole-wheat pancakes, 2	2					4	172
* Blueberry sauce, 1/4 cup			1/3			trace	33
Skim milk, 1 cup				1		trace	86
LUNCH							
* Chili-stuffed baked potato medium potato tomato sauce beef and beans		1 1/2			2-1/2	9	397
* Spinach-orange salad, 1 cup spinach chopped vegetables orange sections and juice		1 1/2	1/2			7	108
Wheat crackers, 6	1					4	86
DINNER							
* Apricot-glazed chicken, 1 serving chicken apricots, raisins, and orange juice			1/2		3	2	212
* Rice-pasta pilaf, 3/4 cup	1-1/2	1/4				5	203
Tossed salad, 1 cup		1				trace	13
Reduced-calorie italian dressing, 1 tablespoon						1	16
Small hard roll	1					1	78
Vanilla ice milk, 1/2 cup				1/3		3	91
SNACKS							
Fig bar, 1	1/2					1	57
Skim milk, 3/4 cup				3/4		trace	64
Total	**6**	**4-1/4**	**2-1/3**	**2**	**5-1/2**	**37**	**1,664**

[1] *Values for fat and calories may not add up to those in Table 8 and Tables A-7 through A-11 due to rounding of values for individual menu items.*

* *Recipes included in Appendix 2.*

TABLE A-17. 2,200 CALORIE MENU, DAY 1

Item	Bread	Vegetable	Fruit	Milk	Meat oz.	Fat[1] grams	Calories[1]
BREAKFAST							
Orange juice, 3/4 cup			1			trace	84
Oatmeal, 1/2 cup	1					1	73
White toast, 2 slices	2					2	138
Soft margarine, 2 teaspoons						8	68
Jelly, 2 teaspoons						trace	32
2% fat milk, 1/2 cup				1/2		2	61
LUNCH							
* Split pea soup, 1 cup split peas and ham carrots and onions		1/2			1-1/4	2	218
* Quick tuna and sprouts sandwich tuna whole-wheat sandwich roll	2				1-1/2	4	202
Mixed greens salad, 1 cup		1				trace	9
Reduced-calorie italian dressing, 1 tablespoon						1	16
* Chocolate mint pie, 1 serving	1/2			1/4		6	176
DINNER							
* Savory sirloin, 3 ounces					3	5	129
* Corn and zucchini combo, 3/4 cup		1-1/2				2	114
Tomato and lettuce salad, 1 serving medium tomato, 1 lettuce leaf		1				trace	27
French dressing, 1 tablespoon						6	67
Small whole-wheat rolls, 2	2					2	144
Soft margarine, 1 teaspoon						4	34
* Yogurt-strawberry parfait, 1 cup lowfat frozen yogurt strawberries		1		1/2		2	128
SNACKS							
Graham crackers, 6 squares	2					4	161
2% fat milk, 1 cup				1		5	122
Peanut butter, 2 tablespoons					1	16	188
Medium fresh peach			1			trace	42
Medium carrot sticks, 7–8		1				trace	14
Total	**9-1/2**	**5**	**3**	**2-1/4**	**6-3/4**	**72**	**2,247**

[1] *Values for fat and calories may not add up to those in Table B and Tables A-7 through A-11 due to rounding of values for individual menu items.*

* *Recipes included in Appendix 2.*

TABLE A-18. 2,200 CALORIE MENU: DAY 2

Item	Bread	Vegetable	Fruit	Milk	Meat oz.	Fat[1] grams	Calories[1]
BREAKFAST							
Grapefruit juice, 3/4 cup			1			trace	70
* Breakfast pita, 1 serving 4-inch whole-wheat pita vegetables egg	1	1/4			1/2	6	171
2% fat milk, 1 cup				1		5	122
LUNCH							
* Turkey pasta salad, 1 serving macaroni red grapes turkey	1		1/2		2	6	264
Tomato wedges, lettuce leaf		1				trace	27
Small hard rolls, 2	2					2	156
Soft margarine, 2 teaspoons						8	68
Small oatmeal cookies, 4	1					5	109
2% fat milk, 1 cup				1		5	122
DINNER							
* Creole fish fillets, 1-1/3 servings cod vegetables		1-1/3			4	2	175
Small new potatoes with skin, 2		1				trace	68
Cooked green peas, 1/2 cup with soft margarine, 1 teaspoon		1				trace 4	67 34
* Whole-wheat cornmeal muffins, 2	4					9	259
Soft margarine, 2 teaspoons						8	68
* Peach crisp, 1/2 cup rolled oats and flour frozen peaches	1/2		3/4			4	153
SNACKS							
Medium bagel	2					1	153
Soft margarine, 2 teaspoons						8	68
Small fresh pear			1			1	82
Total	**11-1/2**	**4-1/2**	**3-1/4**	**2**	**6-1/2**	**74**	**2,236**

[1] *Values for fat and calories may not add up to those in Table 8 and Tables A-7 through A-11 due to rounding of values for individual menu items.*

* *Recipes included in Appendix 2.*

TABLE A-19. 2,200 CALORIE MENU, DAY 3							
Item	**Bread**	**Vegetable**	**Fruit**	**Milk**	**Meat oz.**	**Fat[1] grams**	**Calories[1]**
BREAKFAST							
Medium grapefruit, 1/2			1			trace	41
Medium banana			1			1	108
Ready-to-eat cereal flakes, 1 ounce	1					trace	111
Toasted raisin english muffin	2					1	138
Soft margarine, 2 teaspoons						8	68
Skim milk, 1/2 cup				1/2		trace	43
LUNCH							
* Taco salad, 1 serving unsalted tortilla chips tomato puree and greens lowfat, low-sodium cheddar cheese beef and beans	3/4	1-1/2		1/2	2-1/2	19	455
Medium gingersnaps, 2	1					2	101
DINNER							
* Pork and vegetable stirfry, 1 serving rice vegetables pork	1-1/2	1			3	9	370
Cooked broccoli, 1/2 cup		1				trace	26
Small white rolls, 2	2					3	167
Soft margarine, 2 teaspoons						8	68
Minted pineapple chunks, juice-pack, 1/2 cup			1			trace	75
SNACKS							
Wheat crackers, 6	1					4	86
Cheddar cheese, 1-1/2 ounces				1		14	171
Turkey sandwich, 1/2 rye bread turkey lettuce leaf mayonnaise-type salad dressing, reduced-calorie, 1/2 tablespoon	1				1	4	137
No-salt-added tomato juice, 3/4 cup		1				trace	31
Total	**10-1/4**	**4-1/2**	**3**	**2**	**6-1/2**	**73**	**2,196**

[1] *Values for fat and calories may not add up to those in Table B and Tables A-7 through A-11 due to rounding of values for individual menu items.*

* *Recipes included in Appendix 2.*

TABLE A-20. 2,200 CALORIE MENU, DAY 4

Item	Bread	Vegetable	Fruit	Milk	Meat oz.	Fat[1] grams	Calories[1]
BREAKFAST							
Fresh sliced strawberries, 1/2 cup			1			trace	25
Whole-grain cereal flakes, 1 ounce	1					trace	99
Medium toasted plain bagel	2					1	149
Cream cheese, 1 tablespoon						5	51
2% fat milk, 1 cup				1		5	122
LUNCH							
Broiled chicken fillet sandwich chicken whole-wheat roll tomato slice lettuce leaf	2				2	9	315
Mayonnaise, 1 packet						8	72
* Confetti coleslaw, 1/2 cup		1				trace	36
Medium fresh orange			1			trace	62
2% fat milk, 1 cup				1		5	122
DINNER							
* Lentil stroganoff, 1 serving noodles lentils vegetables, cut yogurt	1-1/2	1-1/4		1/4	2	5	520
Cooked whole green beans, 1/2 cup with soft margarine, 1 teaspoon		1				trace 4	22 34
Tomato and cucumber salad tomato, cucumber, lettuce leaf		1				trace	17
Reduced-calorie vinaigrette dressing, 1 tablespoon						1	16
Small pumpernickel roll	1					1	78
Soft margarine, 1 teaspoon						4	34
Medium honeydew melon, 1/8			1			trace	44
SNACKS							
No-salt-added vegetable juice, 3/4 cup		1				trace	34
Roast beef sandwich roast beef whole-wheat bread lettuce leaf mustard, 1 teaspoon	2				2	5	227
2% fat milk, 1 cup				1		5	122
Total	**9-1/2**	**5-1/4**	**3**	**3-1/4**	**6**	**58**	**2,201**

[1] *Values for fat and calories may not add up to those in Table 8 and Tables A-7 through A-11 due to rounding of values for individual menu items.*

* *Recipes included in Appendix 2.*

TABLE A-21. 2,200 CALORIE MENU, DAY 5

Item	Bread	Vegetable	Fruit	Milk	Meat oz.	Fat[1] grams	Calories[1]
BREAKFAST							
Medium cantaloup, 1/4			1			trace	48
* Whole-wheat pancakes, 2	2					4	172
* Blueberry sauce, 1/4 cup			1/3			trace	33
Soft margarine, 1 teaspoon						4	34
Turkey patty, 1 serving					1-1/2	6	123
Skim milk, 1 cup				1		trace	86
LUNCH							
* Chili-stuffed baked potato medium potato tomato sauce beef and beans		1 1/2			2-1/2	9	397
Lowfat, low-sodium cheddar cheese, 3 tablespoons				1/3		1	36
* Spinach-orange salad, 1 cup spinach chopped vegetables orange sections and juice		1 1/2	1/2			7	108
Wheat crackers, 6	1					4	86
Skim milk, 1 cup				1		trace	86
DINNER							
* Apricot-glazed chicken, 1 serving chicken apricots, raisins, and orange juice			1/2		3	2	212
* Rice-pasta pilaf, 3/4 cup	1-1/2	1/4				5	203
Tossed salad, 1 cup		1				trace	13
Reduced-calorie italian dressing, 1 tablespoon						1	16
Small hard rolls, 2	2					2	156
Soft margarine, 2 teaspoons						8	68
Vanilla ice milk, 1/2 cup				1/3		3	91
SNACKS							
Large soft pretzel	2-1/2					2	190
Medium apple, 1/2			1/2			trace	41
Total	**9**	**4-1/4**	**2-3/4**	**2-2/3**	**7**	**58**	**2,199**

[1] *Values for fat and calories may not add up to those in Table B and Tables A-7 through A-11 due to rounding of values for individual menu items.*

* *Recipes included in Appendix 2.*

TABLE A-22. 2,800 CALORIE MENU, DAY 1

Item	Bread	Vegetable	Fruit	Milk	Meat oz.	Fat[1] grams	Calories[1]
BREAKFAST							
Orange juice, 3/4 cup			1			trace	84
Oatmeal, 1/2 cup	1					1	73
White toast, 2 slices	2					2	138
Soft margarine, 2 teaspoons						8	68
Jelly, 2 teaspoons						trace	32
2% fat milk, 1/2 cup				1/2		2	61
LUNCH							
* Split pea soup, 1 cup split peas and ham carrots and onions		1/2			1-1/4	2	218
* Quick tuna and sprouts sandwich tuna whole-wheat sandwich roll	2				1-1/2	4	202
Mixed greens salad, 1 cup		1				trace	9
Italian dressing , 1 tablespoon						7	69
* Chocolate mint pie, 1 serving	1/2			1/4		6	176
2% fat milk, 1 cup				1		5	122
DINNER							
* Savory sirloin, 4 ounces					4	7	172
* Corn and zucchini combo, 1 cup		2				3	153
Tomato and lettuce salad, 1 serving medium tomato, 1 lettuce leaf		1				trace	27
Reduced-calorie french dressing, 1 tablespoon						1	22
Small whole-wheat rolls, 2	2					2	144
Soft margarine, 1 teaspoon						4	34
* Yogurt-strawberry parfait, 1 cup lowfat frozen yogurt strawberries			1	1/2		2	128
SNACKS							
Graham crackers, 6 squares	2					4	161
Peanut butter/banana sandwich peanut butter, 2 tablespoons banana, 1 medium whole-wheat bread, 2 slices	2		1		1	19	423
Medium fresh peach			1			trace	42
Nonfat fruit-flavored yogurt, 8-ounce carton				1		trace	213
Medium carrot sticks, 7–8		1				trace	14
Total	**11-1/2**	**5-1/2**	**4**	**3-1/4**	**7-3/4**	**79**	**2,785**

[1] *Values for fat and calories may not add up to those in Table 8 and Tables A-7 through A-11 due to rounding of values for individual menu items.*

* *Recipes included in Appendix 2.*

TABLE A-23 2,800 CALORIE MENU, DAY 2

Item	Bread	Vegetable	Fruit	Milk	Meat oz.	Fat[1] grams	Calories[1]
BREAKFAST							
Grapefruit juice, 3/4 cup			1			trace	70
* Breakfast pita, 1 serving 4-inch whole-wheat pita vegetables egg	1	1/4			1/2	6	171
Large bran muffin	1-1/2					7	173
Soft margarine, 1 teaspoon						4	34
2% fat milk, 1 cup				1		5	122
LUNCH							
* Turkey pasta salad, 1 serving macaroni red grapes turkey	1		1/2		2	6	264
Tomato wedges, lettuce leaf		1				trace	27
Small hard rolls, 2	2					2	156
Soft margarine, 2 teaspoons						8	68
Medium tangerine			1			trace	37
Small oatmeal cookies, 6	1-1/2					7	164
2% fat milk, 1 cup				1		5	122
DINNER							
* Creole fish fillets, 1-1/3 servings cod vegetables		1-1/3			4	2	175
Small new potatoes with skin, 2		1				trace	68
Cooked green peas, 3/4 cup with soft margarine, 1 teaspoon		1-1/2				trace 4	101 34
* Whole-wheat cornmeal muffins, 2	4					9	259
Soft margarine, 1 teaspoon						4	34
* Peach crisp, 1/2 cup rolled oats and flour frozen peaches	1/2		3/4			4	153
SNACKS							
Medium bagel	2					1	153
Soft margarine, 2 teaspoons						8	68
Jelly, 2 teaspoons						trace	32
Small fresh pear			1			1	82
Lowfat fruit-flavored yogurt, 1/2 cup				1/2		1	125
Unsalted, roasted peanuts, 2-1/2 tablespoons (1/2 oz)					1/2	11	132
Total	**13-1/2**	**5**	**4-1/4**	**2-1/2**	**7**	**95**	**2,824**

[1] *Values for fat and calories may not add up to those in Table 8 and Tables A-7 through A-11 due to rounding of values for individual menu items.*

* *Recipes included in Appendix 2.*

TABLE A-24. 2,800 CALORIE MENU, DAY 3

Item	Bread	Vegetable	Fruit	Milk	Meat oz.	Fat[1] grams	Calories[1]
BREAKFAST							
Medium grapefruit, 1/2			1			trace	41
Medium banana			1			1	108
Ready-to-eat cereal flakes, 1 ounce	1					trace	111
Toasted raisin english muffin	2					1	138
Soft margarine, 2 teaspoons						8	68
Skim milk, 1 cup				1		trace	86
LUNCH							
* Taco salad, 1 serving unsalted tortilla chips tomato sauce and greens lowfat, low-sodium cheddar cheese beef and beans	3/4	1-1/2		1/2	2-1/2	19	455
Sherbet, 1/2 cup						2	135
Medium gingersnaps, 3	1-1/2					3	151
Skim milk, 1 cup				1		trace	86
DINNER							
* Pork and vegetable stirfry, 1 serving rice vegetables pork	1-1/2	1			3	9	370
Cooked broccoli, 1 cup		2				1	52
Small white rolls, 2	2					3	167
Soft margarine, 2 teaspoons						8	68
Minted pineapple chunks, juice-pack, 1/2 cup			1			trace	75
SNACKS							
Wheat crackers, 6	1					4	86
Orange juice, 3/4 cup			1			trace	84
Cheddar cheese, 1-1/2 oz				1		14	171
Turkey sandwich rye bread turkey lettuce leaf mayonnaise-type salad dressing, reduced-calorie, 1 tablespoon	2				2	9	275
Raw vegetables broccoli florets, 2 cauliflower florets, 2 medium carrot sticks, 2		1				trace	16
Spinach dip (lowfat, yogurt base), 2 tablespoons						2	40
Total	**11-3/4**	**5-1/2**	**4**	**3-1/2**	**7-1/2**	**84**	**2,783**

[1] *Values for fat and calories may not add up to those in Table B and Tables A-7 through A-11 due to rounding of values for individual menu items.*

* *Recipes included in Appendix 2.*

TABLE A-25. 2,800 CALORIE MENU, DAY 4

Item	Bread	Vegetable	Fruit	Milk	Meat oz.	Fat[1] grams	Calories[1]
BREAKFAST							
Fresh sliced strawberries, 1/2 cup			1			trace	25
Hard cooked egg, 1					1	5	74
Whole-grain cereal flakes, 1 ounce	1					trace	99
Medium toasted plain bagel	2					1	149
Cream cheese, 2 tablespoons						10	101
2% fat milk, 1 cup				1		5	122
LUNCH							
Broiled chicken fillet sandwich chicken whole-wheat roll tomato slice lettuce leaf	2				2	9	315
Mayonnaise, 1 packet						8	72
* Confetti coleslaw, 1/2 cup		1				trace	36
Medium fresh orange			1			trace	62
* Lemon pound cake, 1 slice	3/4					8	193
2% fat milk, 1 cup				1		5	122
DINNER							
* Lentil stroganoff, 1 serving noodles lentils vegetables, cut yogurt	1-1/2	1-1/4		1/4	2	5	520
Cooked whole green beans, 1 cup with soft margarine, 1 teaspoon		2				trace 4	43 34
Tomato and cucumber salad tomato, cucumber, lettuce leaf		1				trace	17
Reduced-calorie vinaigrette dressing, 1 tablespoon						1	16
Small pumpernickel rolls, 2	2					2	155
Soft margarine, 2 teaspoons						8	68
Medium honeydew melon, 1/4			2			trace	88
SNACKS							
No-salt-added vegetable juice, 3/4 cup		1				trace	34
Roast beef sandwich roast beef whole-wheat bread lettuce leaf mustard, 1 teaspoon	2				2	5	227
2% fat milk, 1 cup				1		5	122
Lemonade, 1 cup						trace	100
Total	**11-1/4**	**6-1/4**	**4**	**3-1/4**	**7**	**81**	**2,794**

[1] *Values for fat and calories may not add up to those in Table B and Tables A-7 through A-11 due to rounding of values for individual menu items.*

* *Recipes included in Appendix 2.*

TABLE A-26. 2,800 CALORIE MENU, DAY 5

Item	Bread	Vegetable	Fruit	Milk	Meat oz.	Fat[1] grams	Calories[1]
BREAKFAST							
Medium cantaloup, 1/4			1			trace	48
* Whole-wheat pancakes, 3	3					6	257
* Blueberry sauce, 6 tablespoons			1/2			trace	50
Soft margarine, 2 teaspoons						8	68
* Turkey patty, 1 serving					1-1/2	6	123
2% fat milk, 1 cup				1		5	122
LUNCH							
* Chili-stuffed baked potato medium potato tomato sauce beef and beans		1 1/2			2-1/2	9	397
Lowfat, low-sodium cheddar cheese, 3 tablespoons				1/3		1	36
* Spinach-orange salad, 1 cup spinach chopped vegetables orange sections and juice		1 1/2	1/2			7	108
Fresh grapes, 12			1			trace	43
Wheat crackers, 6	1					4	86
Fig bars, 2	1					2	115
2% fat milk, 1 cup				1		5	122
DINNER							
*Apricot-glazed chicken, 1 serving chicken apricots, raisins, and orange juice			1/2		3	2	212
* Rice-pasta pilaf, 3/4 cup	1-1/2	1/4				5	203
Steamed zucchini, 1/2 cup		1				trace	20
Tossed salad, 1 cup		1				trace	13
Italian dressing, 1 tablespoon						7	69
Small hard rolls, 2	2					2	156
Soft margarine, 2 teaspoons						8	68
Vanilla ice milk, 1/2 cup				1/3		3	91
SNACKS							
Medium apple, 1/2			1/2			trace	41
Large soft pretzel	2-1/2					2	190
Lemonade, 1 cup						trace	100
2% fat milk, 1 cup				1		5	122
Total	**11**	**5-1/4**	**4**	**3-2/3**	**7**	**87**	**2,860**

[1] *Values for fat and calories may not add up to those in Table 8 and Tables A-7 through A-11 due to rounding of values for individual menu items.*

* *Recipes included in Appendix 2.*

MENU	FOOD GROUP SERVINGS						
Item and Amount	Bread	Vegetable	Fruit	Milk	Meat oz.	Fat¹ grams	Calories¹

Food Lists for 5 Days' Menus

APPENDIX 4

- Staples for Five Days' Menus
- Daily Shopping Lists
- Index of Foods Included in Five Days' Menus

STAPLES FOR FIVE DAYS' MENUS

Here are staples needed to prepare the five days' menus. If items listed under pantry, refrigerator, or freezer are not in stock, they will need to be added to the shopping list.

Pantry

GRAINS/PASTA

cornmeal, yellow, degerminated
fig bars
flour, white, enriched
flour, whole-wheat
graham crackers
macaroni, enriched
noodles, enriched
ready-to-eat cereal (whole grain flakes)
rice, brown
rice, enriched
rolled oats, quick
spaghetti, enriched
wheat crackers

OILS/DRESSINGS

french dressing, regular
french dressing, reduced-calorie
italian dressing, regular
italian dressing, reduced-calorie
salad dressing, mayonnaise-type, regular
salad dressing, mayonnaise-type, reduced-calorie
vegetable oil
vinaigrette dressing, reduced-calorie

BROTH/VEGETABLES

low sodium chicken broth
no-salt-added tomatoes, puree, vegetable juice

SEASONINGS/SPICES

basil leaves
bay leaves
black pepper
celery seed
chili powder
dried chives
dry mustard
garlic, fresh
garlic powder
ground cinnamon
ground cloves
ground ginger
ground sage
marjoram leaves
minced onion
onion powder

SEASONINGS/SPICES (CONTINUED)
oregano leaves
peppermint extract
rosemary
red pepper flakes
salt
savory
tarragon leaves
thyme leaves
vanilla
worcestershire sauce

LEAVENING BASICS
baking powder
baking soda

OTHER BASICS
cocoa
cornstarch
dry beans and peas (kidney, lentils, split peas)
jelly
peanut butter
prepared mustard
raisins
sugar, brown
sugar, granulated
unflavored gelatin
unsalted roasted peanuts
vinegar

Refrigerator

eggs, large
onions
lemonade
lemon juice, bottled
margarine (soft or hard)
milk (skim or 2% fat)
yogurt, lowfat, plain

Freezer

corn
grapefruit juice, concentrate
ice milk, vanilla
orange juice, concentrate
peas
sherbet
yogurt, frozen, lowfat, vanilla

Shopping List: Menu One

BREAD GROUP

White bread

Whole-wheat bread

Whole-wheat hamburger rolls

Whole-wheat rolls

VEGETABLE GROUP

Alfalfa sprouts

Carrots, fresh

Mint leaves, fresh

Parsley, fresh

Salad greens (endive, romaine, spinach, iceberg, or leaf lettuce)

Tomatoes, fresh

Zucchini squash, fresh

MEAT GROUP

Pork chop, smoked, boneless

Sirloin steak

Tuna, canned, water-pack, no-salt-added

FRUIT GROUP

Bananas

Peaches

Strawberries, fresh

MILK GROUP

Yogurt, nonfat, fruit-flavored

Shopping List: Menu Two

BREAD GROUP

Bagels

Bran muffins

Hard rolls

Oatmeal cookies

Whole-wheat pitas

VEGETABLE GROUP

Carrots, fresh

Celery

Green pepper

Lettuce, iceberg

Mushroom pieces, canned

New potatoes

Tomatoes, fresh

MEAT GROUP

Cod fillets, fresh

FRUIT GROUP

Peaches, frozen, unsweetened

Pears

Red grapes, seedless

Tangerines

MILK GROUP

Cheddar cheese, lowfat, low-sodium

Cottage cheese, lowfat

Yogurt, lowfat, fruit-flavored

Shopping List: Menu Three

BREAD GROUP

English muffins with raisins

Gingersnaps

Rye bread

Tortilla chips, unsalted

White rolls

VEGETABLE GROUP

Broccoli, fresh

Carrots, fresh

Cauliflower, fresh

Celery

Lettuce, iceberg

Mint leaves, fresh

Mushrooms, fresh

Spinach, fresh

MEAT GROUP

Beef, lean, ground

Pork loin, boneless

FRUIT GROUP

Bananas

Grapefruit

Pineapple chunks, juice-pack

MILK GROUP

Cheddar cheese

Cheddar cheese, lowfat, low-sodium

OTHER

Spinach dip (yogurt-base)

Shopping List: Menu Four

BREAD GROUP

Bagels

Pumpernickel rolls

Whole-wheat bread

VEGETABLE GROUP

Cucumbers

Green beans, frozen

Green cabbage

Green onions

Green or red pepper

Lettuce, iceberg

Mushrooms, fresh

Tomatoes, fresh

MEAT GROUP

See staples list

FRUIT GROUP

Honeydew melon

Lemon

Oranges

Strawberries, fresh

MILK GROUP

Yogurt, lowfat, lemon

OTHER

Broiled chicken fillet sandwich with mayonnaise

Cream cheese

Shopping List: Menu Five

BREAD GROUP

Hard rolls

Soft pretzels

VEGETABLE GROUP

Baking potatoes

Cucumbers

Green onions

Green pepper

Mushrooms, fresh

Red onion

Salad greens (endive, romaine, spinach, iceberg, or leaf lettuce)

Spinach, fresh

Zucchini squash, fresh

MEAT GROUP

Beef, lean, ground

Chicken breast halves, boneless, skinless

Turkey, ground

FRUIT GROUP

Apples

Apricots, dried

Blueberries, frozen, unsweetened

Cantaloup

Oranges

Red grapes, seedless

MILK GROUP

Cheddar cheese, lowfat, low-sodium

INDEX OF FOODS INCLUDED IN 5 DAYS' MENUS

FOOD GROUP	MENU	RECIPE
BREAD GROUP		
Enriched:		
bagels	day 2, day 4	
english muffins with raisins	day 3	
hard rolls	day 2, day 5	
soft pretzels	day 5	
white bread	day 1	
white rolls	day 3	
Whole grain:		
bran muffins	day 2	
pumpernickel rolls	day 4	
rye bread	day 3	
whole-wheat bread	day 1, day 4	
whole-wheat pitas	day 2	Breakfast pita
whole-wheat hamburger rolls	day 1	Quick tuna and sprouts sandwich
whole-wheat rolls	day 1	
Other:		
gingersnaps	day 3	
oatmeal cookies	day 2	
tortilla chips, unsalted	day 3	Taco salad
VEGETABLE GROUP		
alfalfa sprouts	day 1	Quick tuna and sprouts sandwich
baking potatoes	day 5	Chili-stuffed baked potato
broccoli, fresh	day 3	
carrots, fresh	day 1, day 3	Split pea soup Pork and vegetable stirfry
cauliflower, fresh	day 3	
celery	day 2, day 3	Turkey pasta salad Creole fish fillets Pork and vegetable stirfry
cucumbers	day 4, day 5	
green beans, frozen	day 4	
green cabbage	day 4	Confetti coleslaw

FOOD GROUP	MENU	RECIPE
VEGETABLE GROUP (CONTINUED)		
green onions	day 4, day 5	Lentil stroganoff Rice-pasta pilaf
green pepper	day 2, day 4 day 5	
lettuce, iceberg	day 2, day 3 day 4	Turkey pasta salad Taco salad
mint leaves, fresh	day 1, day 3	
mushroom pieces, canned	day 2	Breakfast pita
mushrooms, fresh	day 3, day 4 day 5	Pork and vegetable stirfry Lentil stroganoff Spinach-orange salad
new potatoes	day 2	
parsley, fresh	day 1	Savory sirloin
red onion	day 5	Spinach-orange salad
red pepper	day 4	
salad greens (endive, romaine, spinach, iceberg, or leaf lettuce)	day 1, day 5	Mixed green salad Tossed salad
spinach, fresh	day 3, day 5	Taco salad Spinach-orange salad
tomatoes, fresh	day 1, day 2 day 4	
zucchini squash, fresh	day 1, day 5	Corn and zucchini combo
FRUIT GROUP		
apples	day 5	
apricots, dried	day 5	Apricot-glazed chicken
bananas	day 1, day 3	
blueberries, frozen, unsweetened	day 5	Blueberry sauce
cantaloup	day 5	
grapefruit	day 3	
honeydew melon	day 4	
lemon	day 4	Lemon pound cake
oranges	day 4, day 5	
peaches	day 1	
peaches, frozen, unsweetened	day 2	Peach crisp

INDEX OF FOODS INCLUDED IN 5 DAYS' MENUS

FOOD GROUP	MENU	RECIPE
FRUIT GROUP (CONTINUED)		
pears	day 2	
pineapple chunks, juice-pack	day 3	
red grapes, seedless	day 2, day 5	Turkey pasta salad
strawberries, fresh	day 1, day 4	Yogurt-strawberry parfait
tangerines	day 2	
MILK GROUP		
cheddar cheese	day 3	
cheddar cheese, lowfat, low-sodium	day 2, day 3 day 5	Breakfast pita Taco salad
cottage cheese, lowfat	day 2	Breakfast pita
yogurt, lowfat, fruit-flavored	day 2	
yogurt, lowfat, lemon	day 4	Lemon pound cake
yogurt, nonfat, fruit-flavored	day 1	
MEAT GROUP		
beef, lean, ground	day 3, day 5	Chili-stuffed baked potato
chicken breast halves, boneless, skinless	day 5	Apricot-glazed chicken
cod fillets, fresh	day 2	Creole fish fillets
pork chop, smoked, boneless	day 1	Split pea soup
pork loin, boneless	day 3	Pork and vegetable stirfry
sirloin steak	day 1	Savory sirloin
tuna, canned, water-pack, no-salt-added	day 1	Quick tuna and sprouts sandwich
turkey, ground	day 5	Turkey patties
OTHER ITEMS		
broiled chicken fillet sandwich with mayonnaise	day 4	
cream cheese	day 4	
spinach dip (yogurt-base)	day 3	